




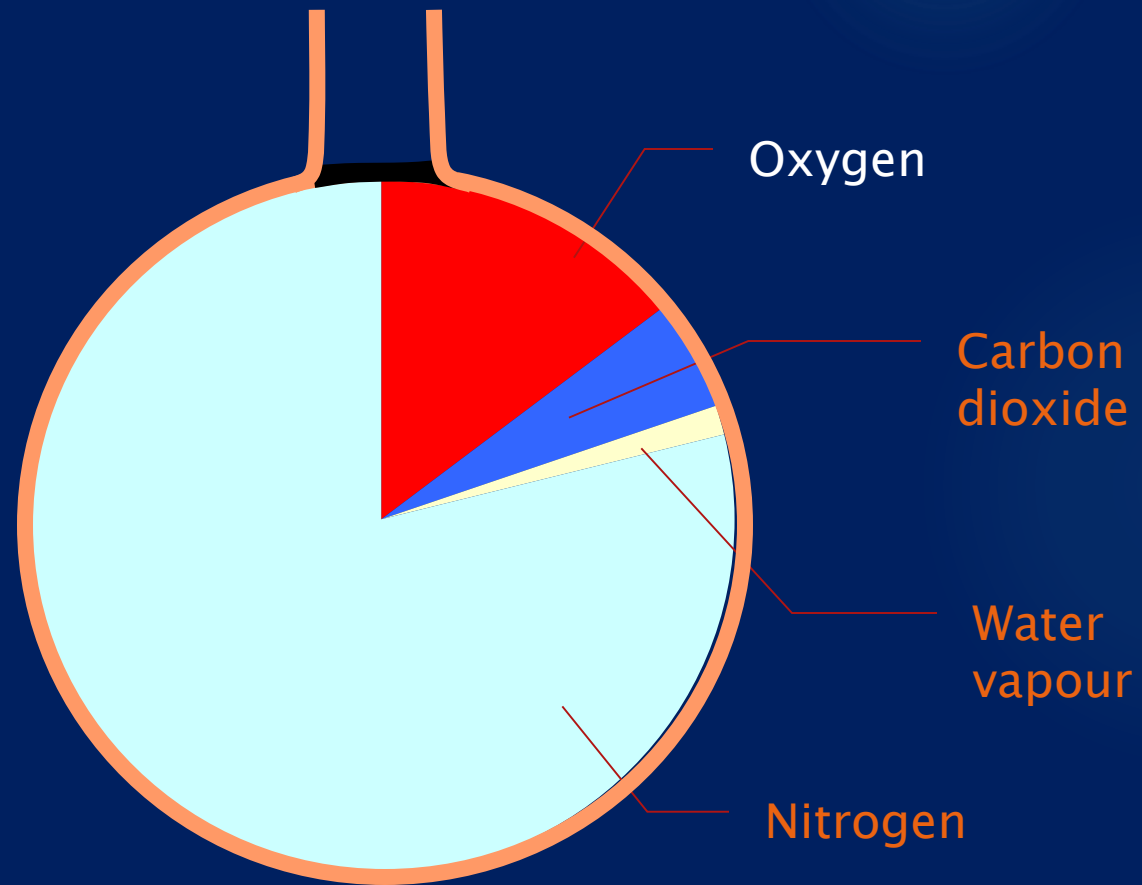
# Acute Hypoxemic Respiratory Failure

M.FARZ MEHDI, MD

ASSISTANT PROFESSOR OF MEDICINE

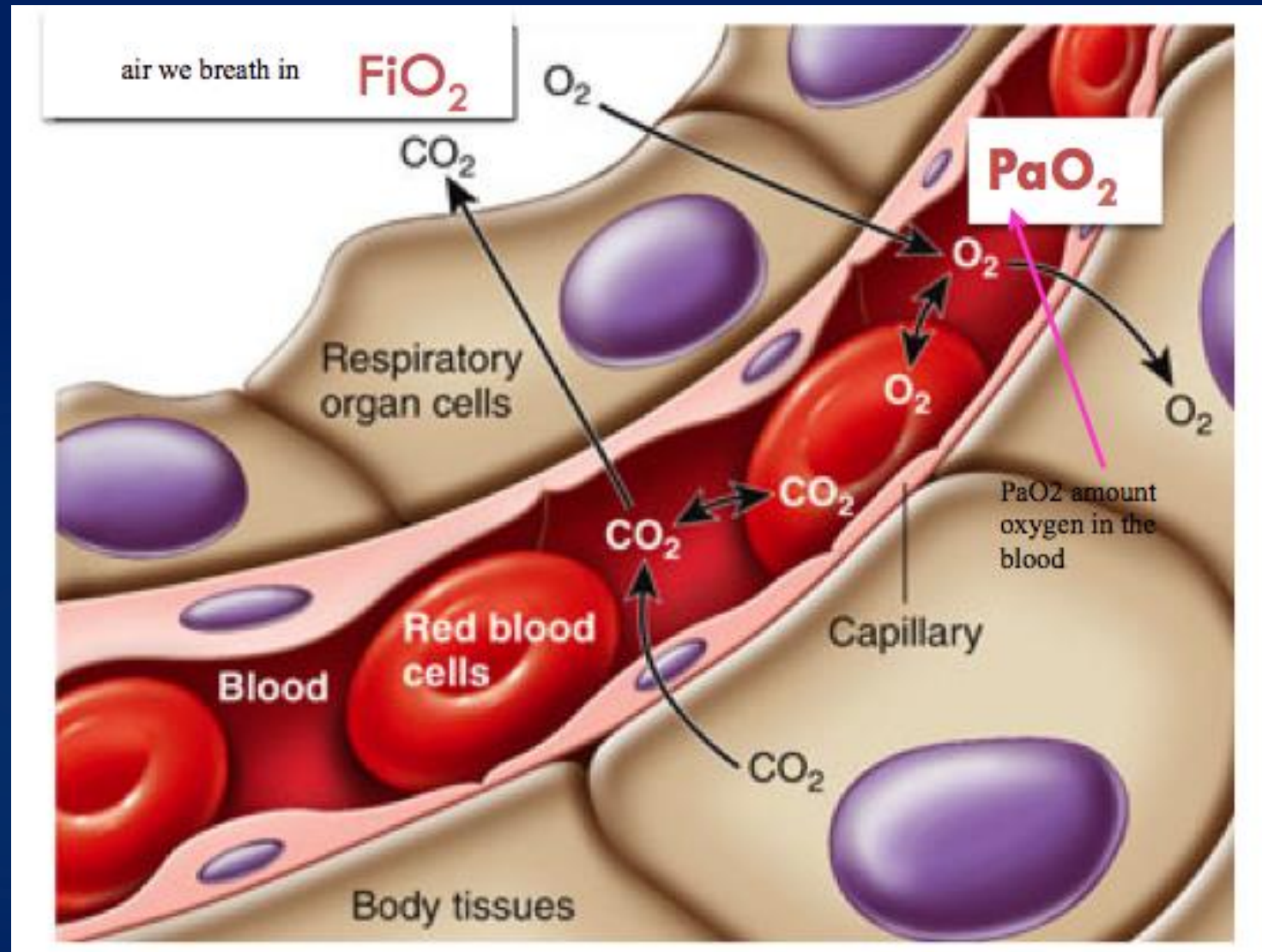
PULMONARY AND CRITICAL CARE MEDICINE

- 
- ▶ Hypoxemic Respiratory Failure
  - ▶ Arterial  $P_{O_2}$  of  $< 60$  mm Hg
  
  - ▶ Hypercapnic Respiratory Failure
  - ▶  $P_{CO_2} > 45$  mm Hg

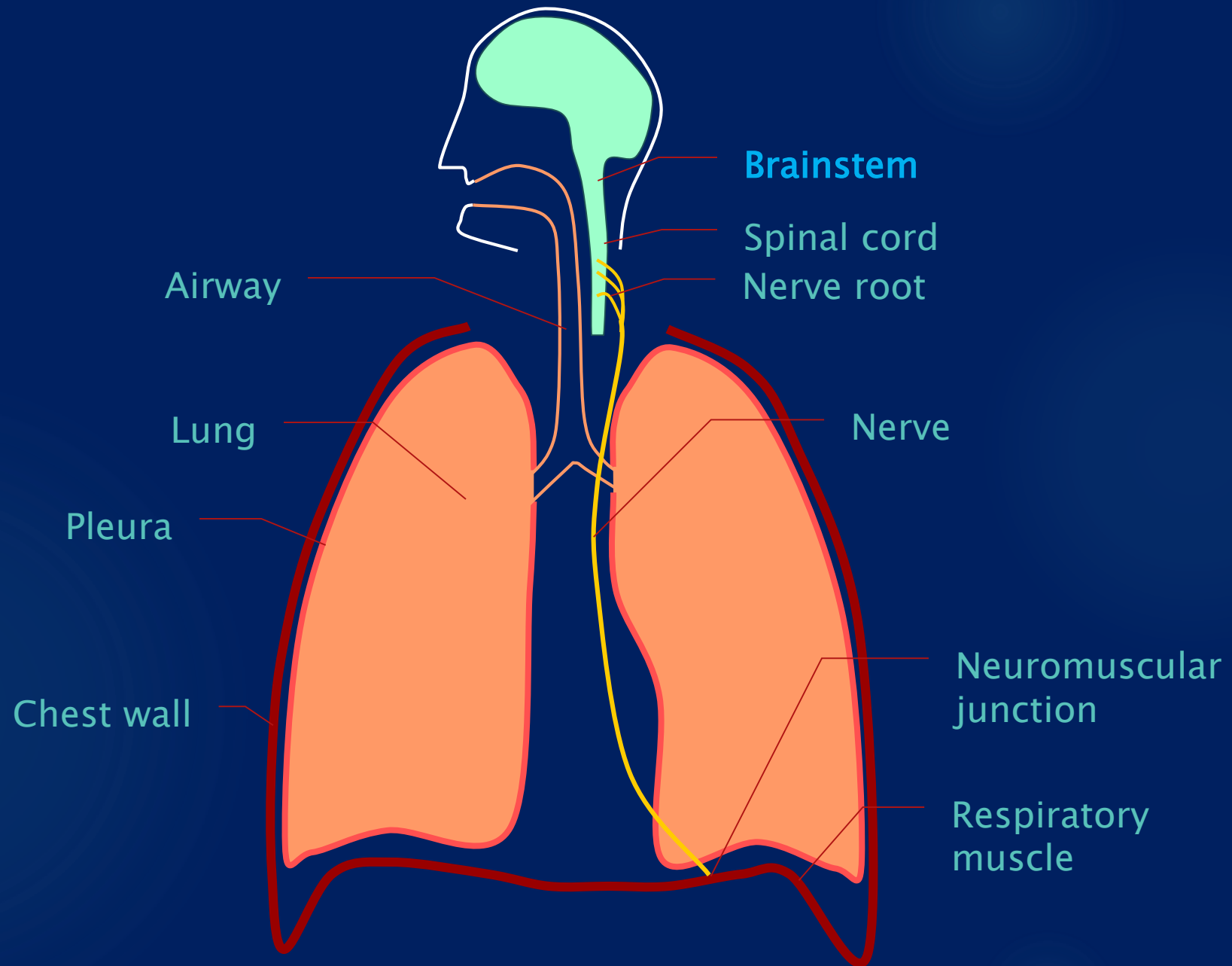


$$\text{Alveolar pressure} = \text{PAO}_2 + \text{PACO}_2 + \text{PAH}_2\text{O} + \text{PAN}_2$$

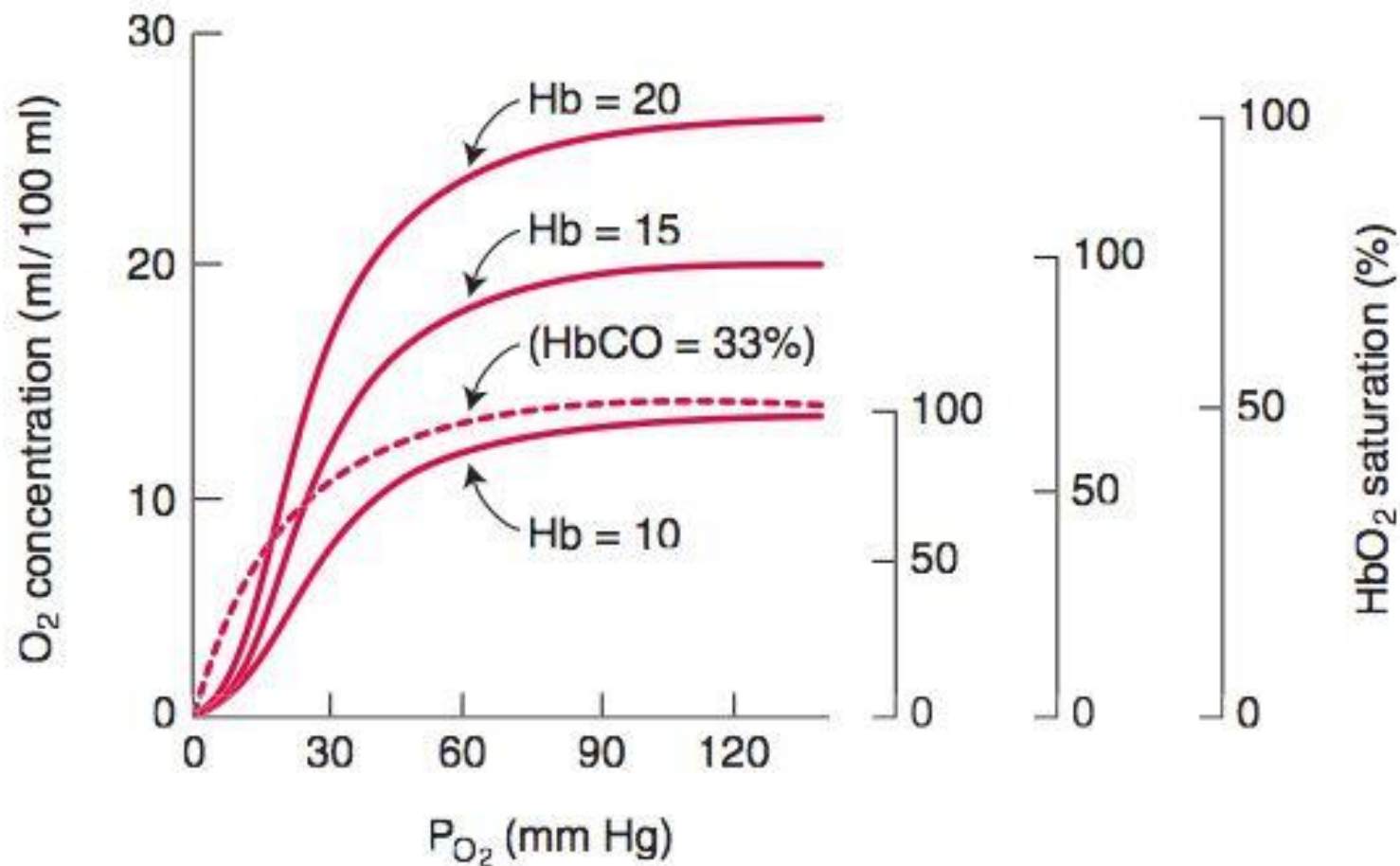
# Fio<sub>2</sub> & Pao<sub>2</sub>







Sites at which disease may cause ventilatory disturbance



**Figure 6-2.** Effects of anemia and polycythemia on  $O_2$  concentration and saturation. In addition, the *broken line* shows the  $O_2$  dissociation curve when one-third of the normal hemoglobin is bound to CO. Note that the curve is then shifted to the left.

Oxygen partial pressure (mm Hg)

# Hypoxemic respiratory failure

- ▶ Acute (over hours to days)
- ▶ Chronic (over weeks to months)
- ▶ **Oxygen delivery to the tissues**
- ▶ **cardiac output and oxygen content**



# Oxygen delivery (DO<sub>2</sub>)

- ▶ rate at which oxygen is transported from the lungs to the microcirculation:
- ▶  $DO_2 \text{ (mL/min)} = Q \times CaO_2$
- ▶ Q is the cardiac output
- ▶ Normal DO<sub>2</sub> is approximately 1000 mL/min

$$CaO_2 \text{ (mL O}_2 \text{ /dL)} = (1.34 \times \text{hemoglobin concentration} \times SaO_2) + (0.0031 \times PaO_2)$$

Normal CaO<sub>2</sub> is approximately 20 mL O<sub>2</sub> /dL

# Hypoxemic respiratory failure

- ▶ Anemic patient
- ▶ patients with very low cardiac output



- ▶ Tissue hypoxia may exist despite a seemingly adequate arterial  $P_{O_2}$

# Hypoxemic respiratory failure

- ▶ both hypoxemic and hypercarbic respiratory failure may coexist

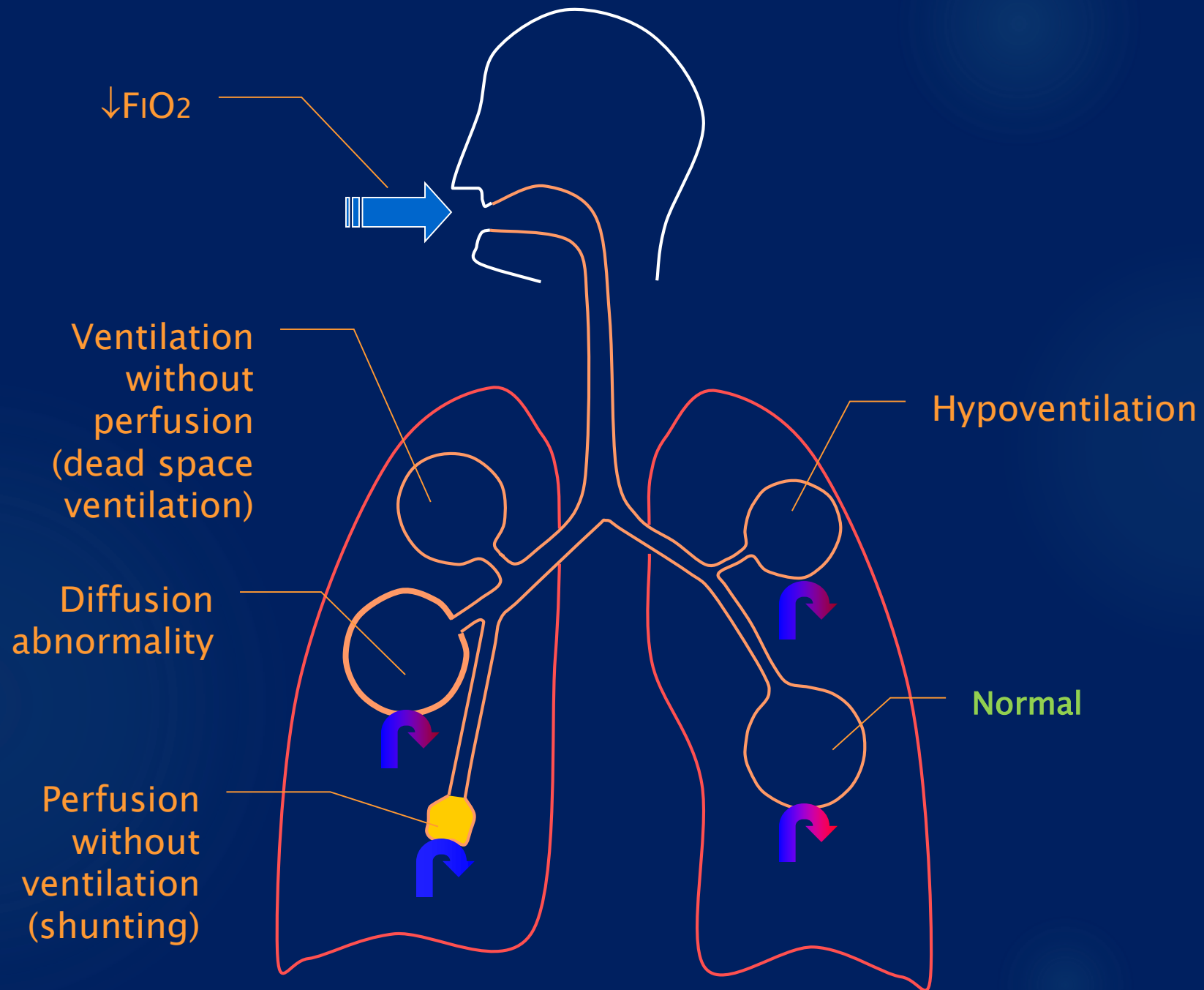


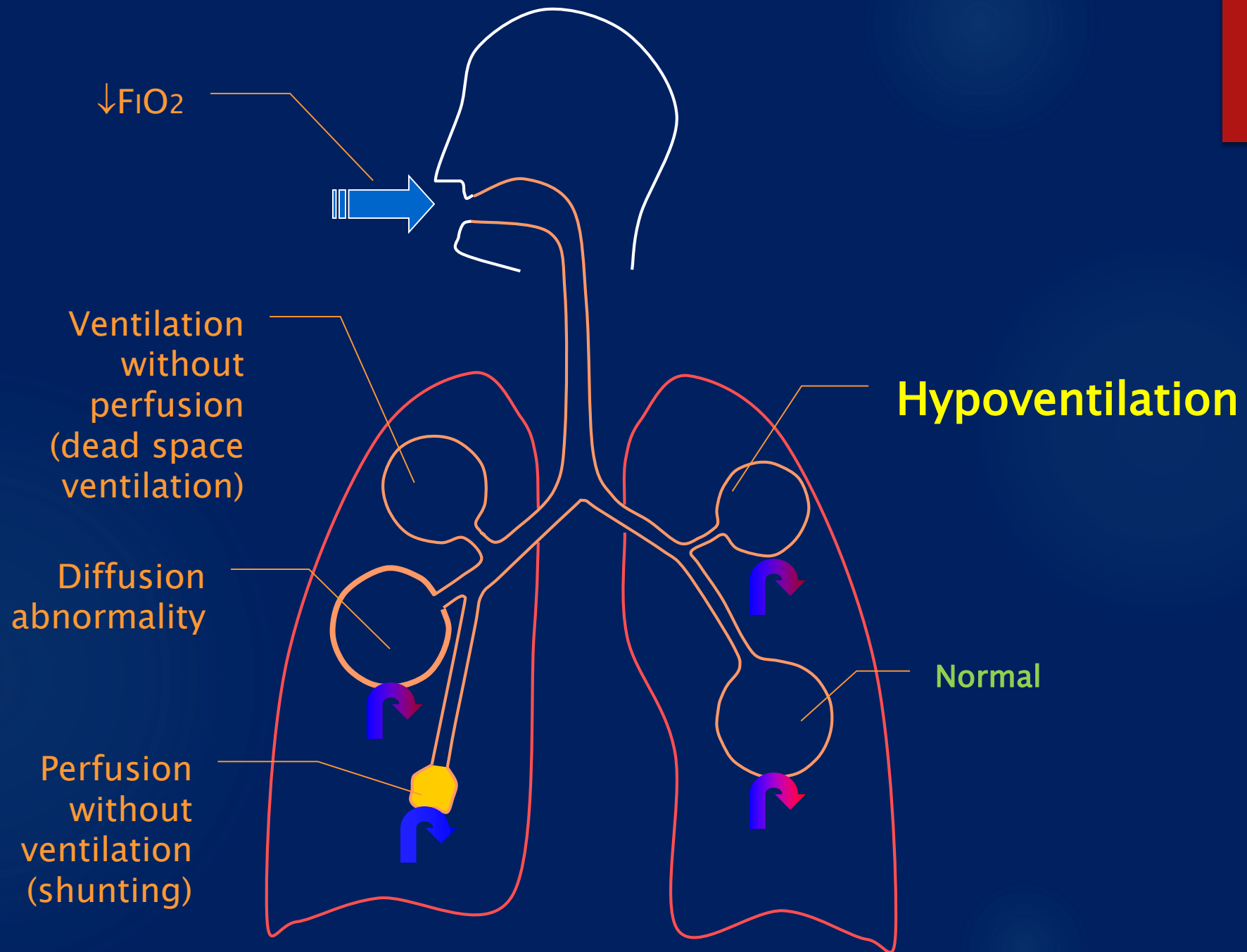
***Hypoventilation***

# MECHANISMS OF HYPOXEMIA



1. ↓ inspired  $P_{O_2}$
2. Hypoventilation
3. impaired diffusion
4. ventilation-perfusion (V/Q) mismatch
5. right-to-left shunt







# Hypoventilation

- ▶   $P_a\text{CO}_2$  &  $P_a\text{CO}_2$
- ▶   $P_a\text{O}_2$

As a  
result

- ▶  diffusion of oxygen from the alveolus to the pulmonary capillary

Net effect is hypoxemia

# Hypoventilation

- ▶ **A-a gradient is usually normal**
- ▶ **A-a oxygen gradient =  $PAO_2 - PaO_2$**
- ▶  **$PaO_2$  is measured by ABG**
- ▶  $PAO_2$  is calculated using the alveolar gas equation:
- ▶  $PAO_2 = (FiO_2 \times [P_{atm} - P_{H_2O}]) - (PaCO_2 \div R)$
- ▶ respiratory quotient = 0.8 at steady state
- ▶ relative utilization of carbohydrate, protein, and fat

# A-a oxygen gradient

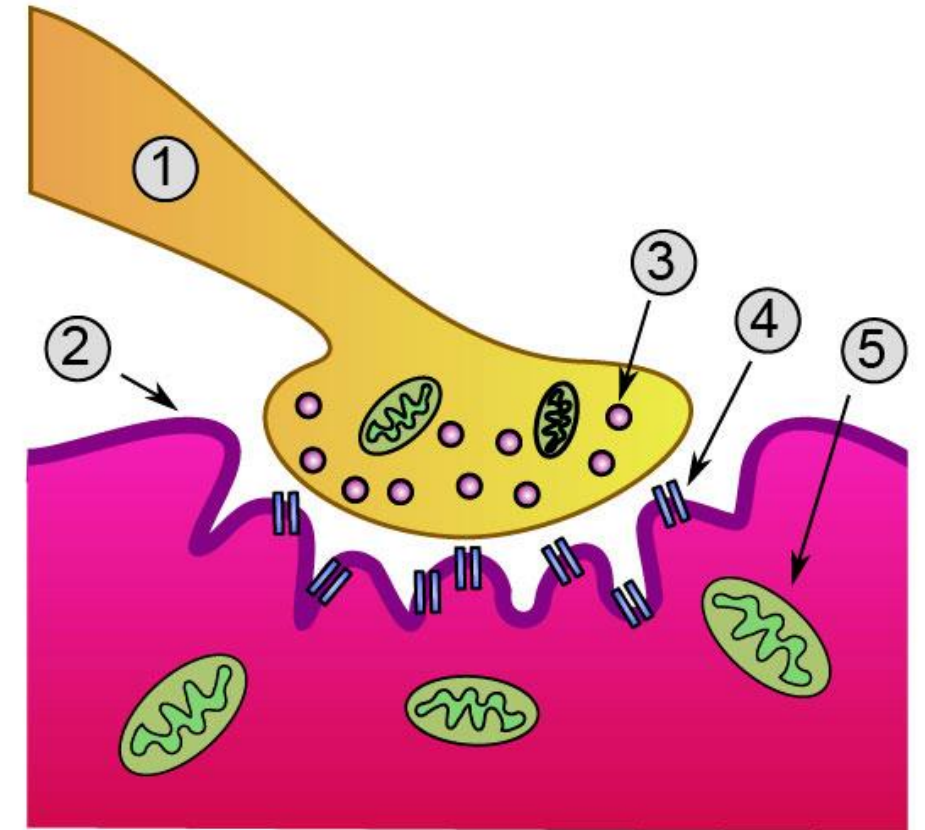
- ▶ Air at sea level

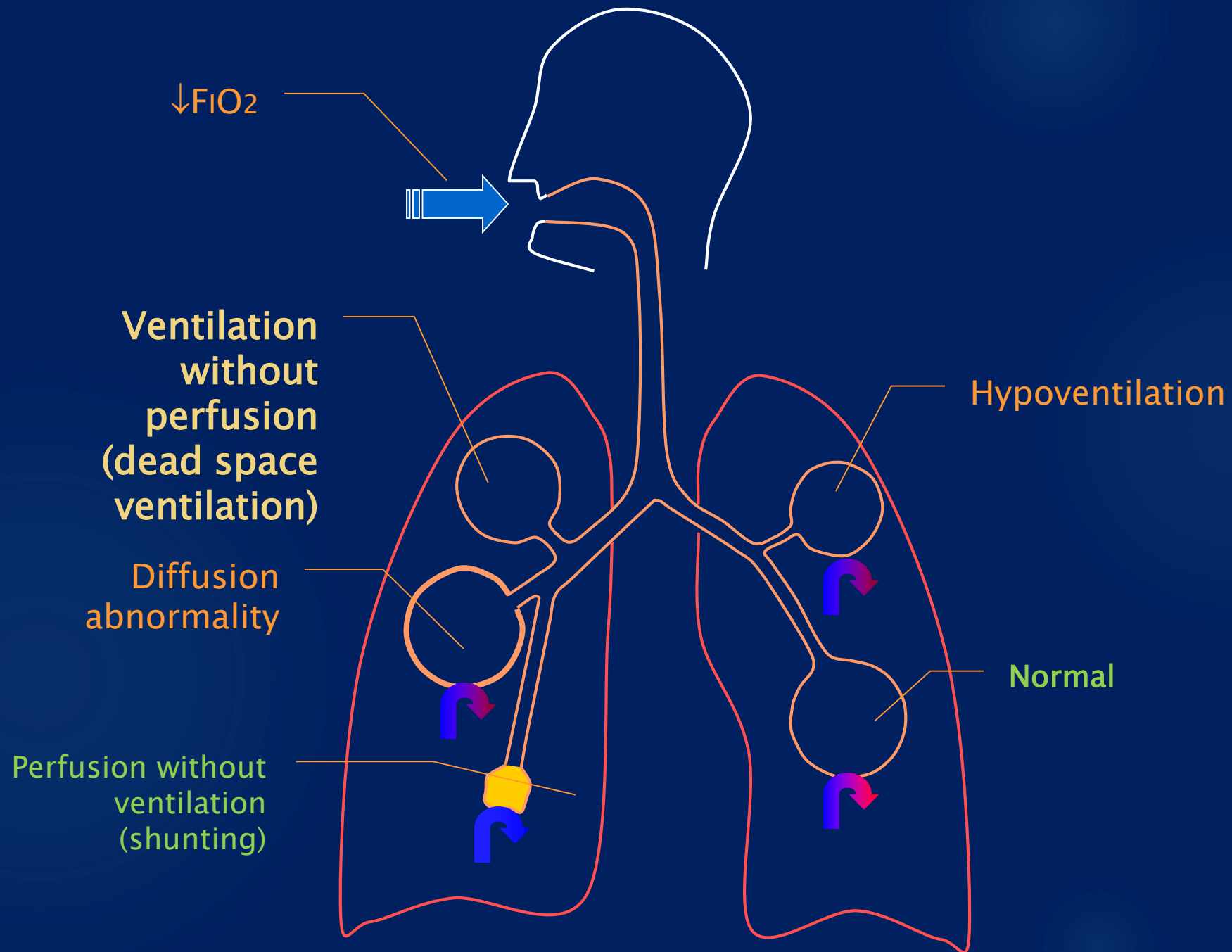


- ▶  $PA_{O_2} = 150 - (P_{aCO_2}/0.8)$
- ▶  $P(A-a)_{O_2}$  should be 10 to 15 mm Hg

# Abnormalities that cause pure hypoventilation include

- ▶ CNS depression
- ▶ OHS (Pickwickian) syndrome
- ▶ Impaired neural conduction
- ▶ Muscular weakness
- ▶ Poor chest wall elasticity







# V/Q mismatch

- ▶ *imbalance of blood flow and ventilation*
- ▶ *Hypoxemia can be corrected with O<sub>2</sub>*
- ▶ *increased A-a gradient*

# V/Q Mismatch

$\dot{V}/\dot{Q}$  DEFECTS

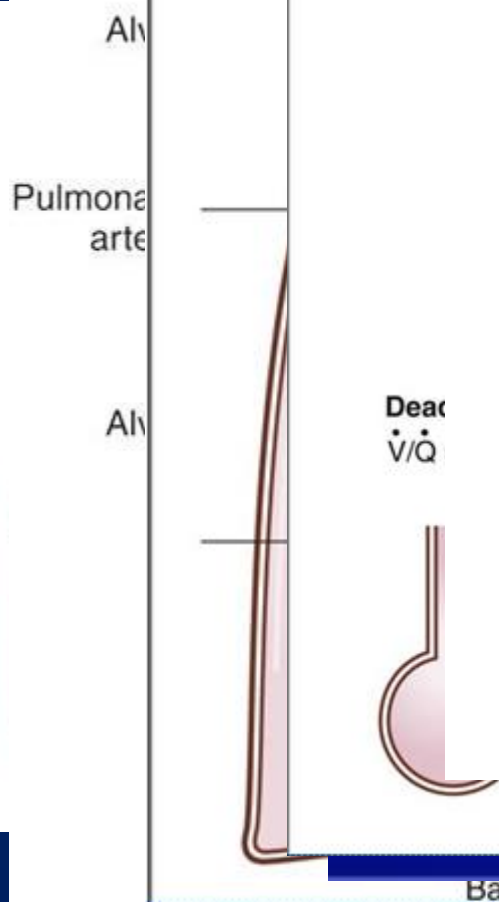
## V/Q Match vs Mismatch

- V/Q matched defect: Abn both Q & V

- V/Q mismatch defect: Abn Q, Normal V

**Pulmonary Embolism**

Part 1-Lung Scan\_J SRIPRAPAPORN

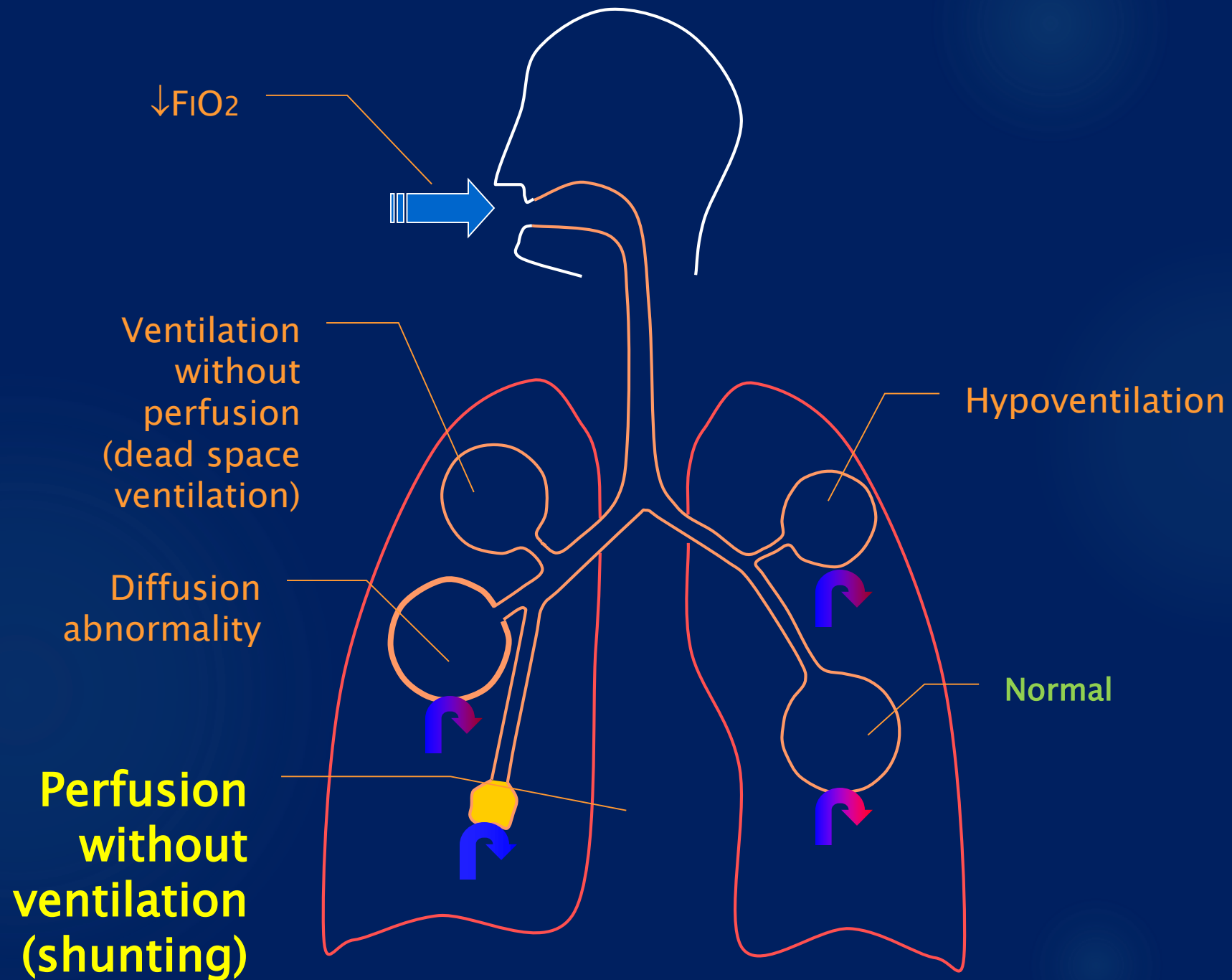


# V/Q mismatch

- ▶ Obstructive lung diseases
- ▶ Pulmonary vascular diseases
- ▶ Interstitial diseases
- ▶ Air-space consolidation

Pneumonia

Pulmonary edema

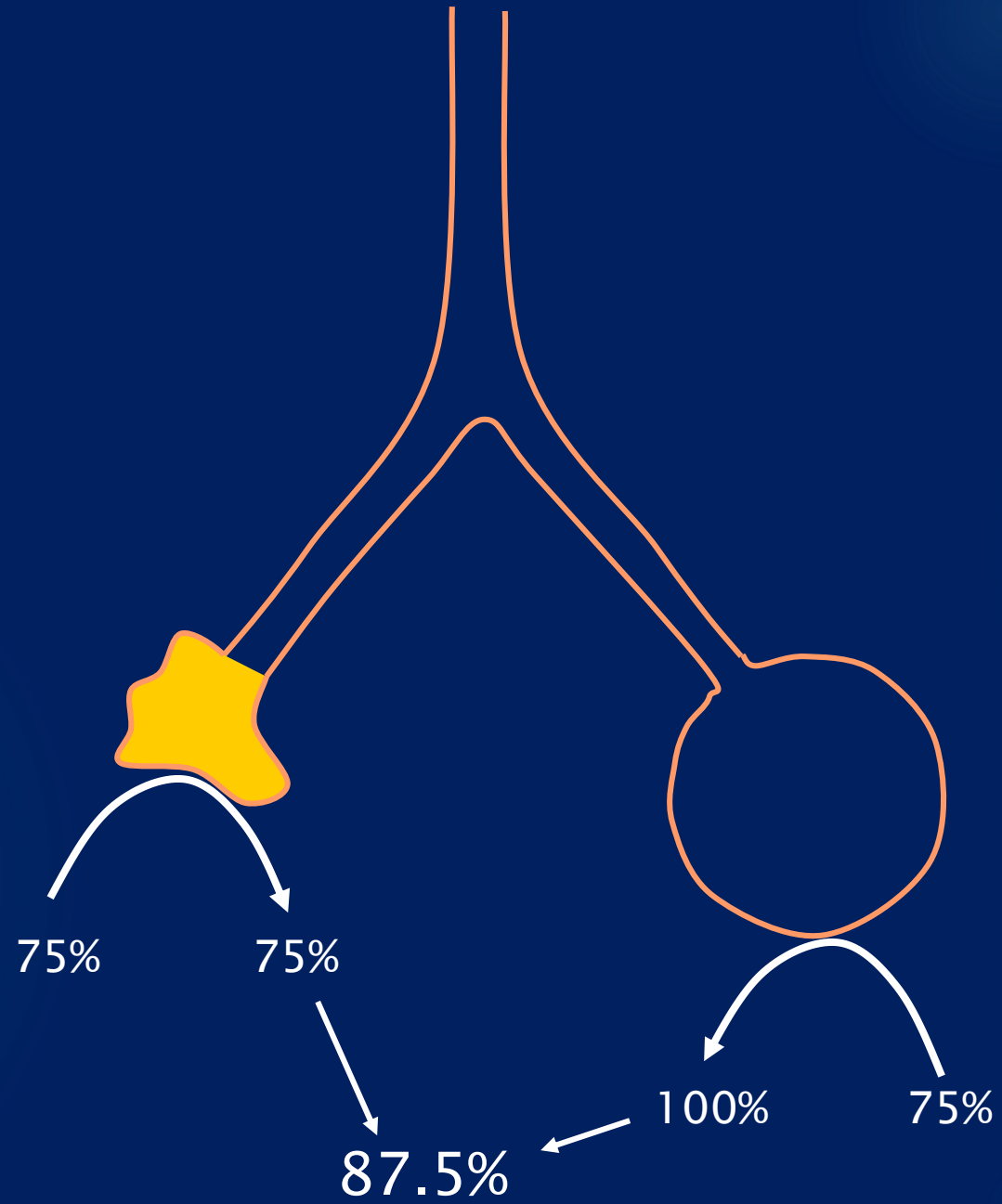


# Right-to-left shunt

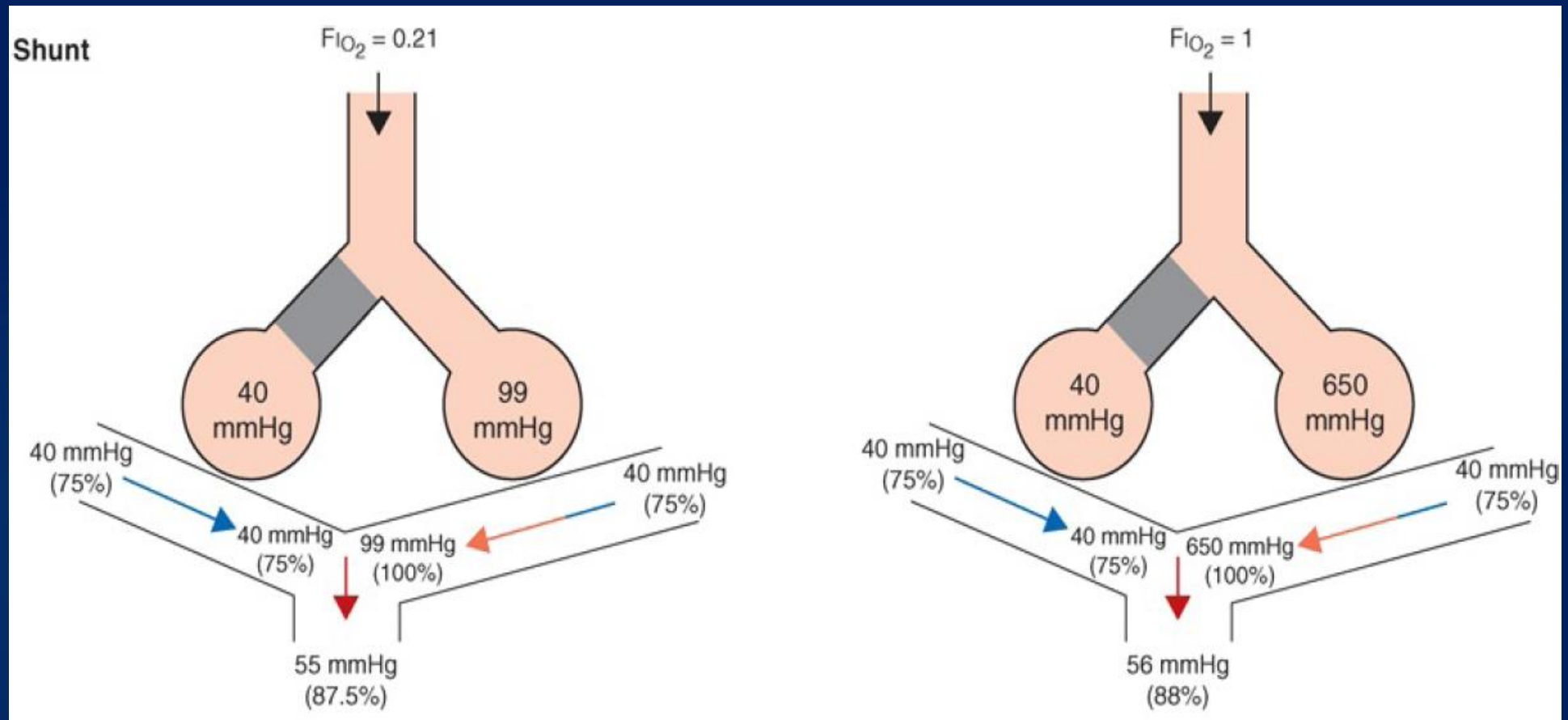
- ▶ when blood passes from the right to the left side of the heart
- ▶ without being oxygenated
- ▶ Anatomic shunts
  - intracardiac shunts
  - pulmonary arteriovenous malformations (AVMs)
  - hepatopulmonary syndrome
- ▶ Physiologic shunts
- ▶ atelectasis
- ▶ alveolar filling (eg, pneumonia, ARDS)

***Difficult to correct with supplemental oxygen***

**Shunt**

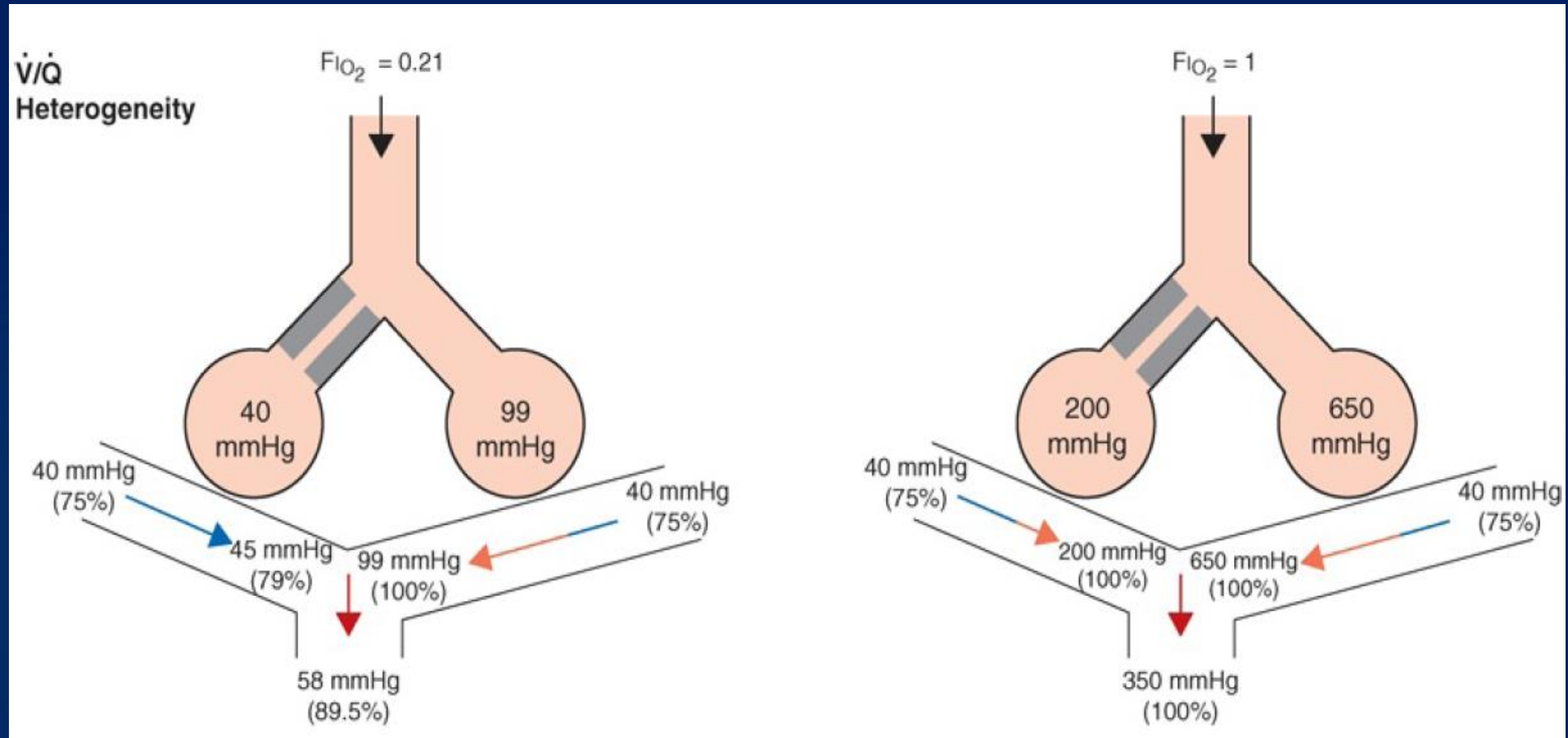


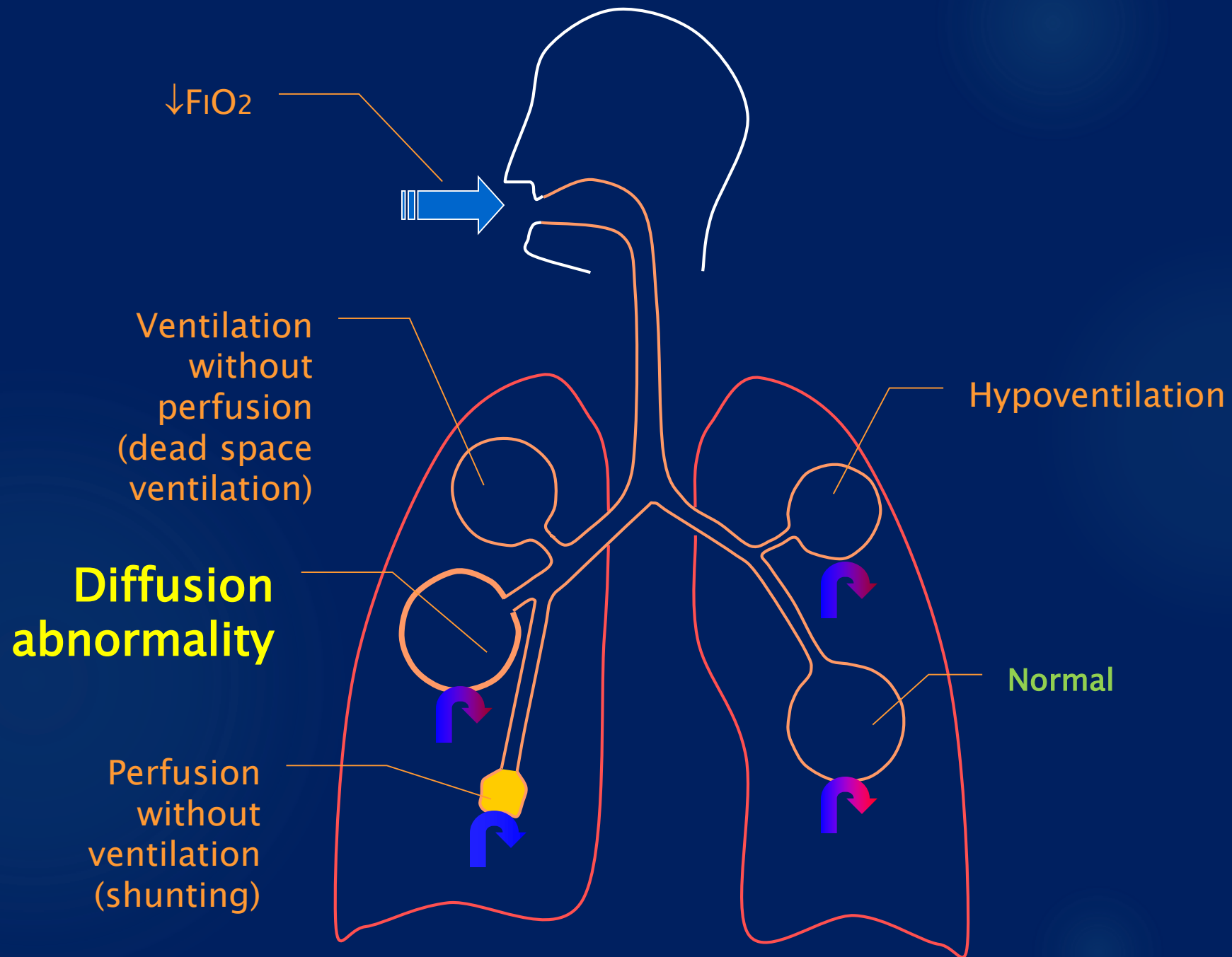
# Shunt





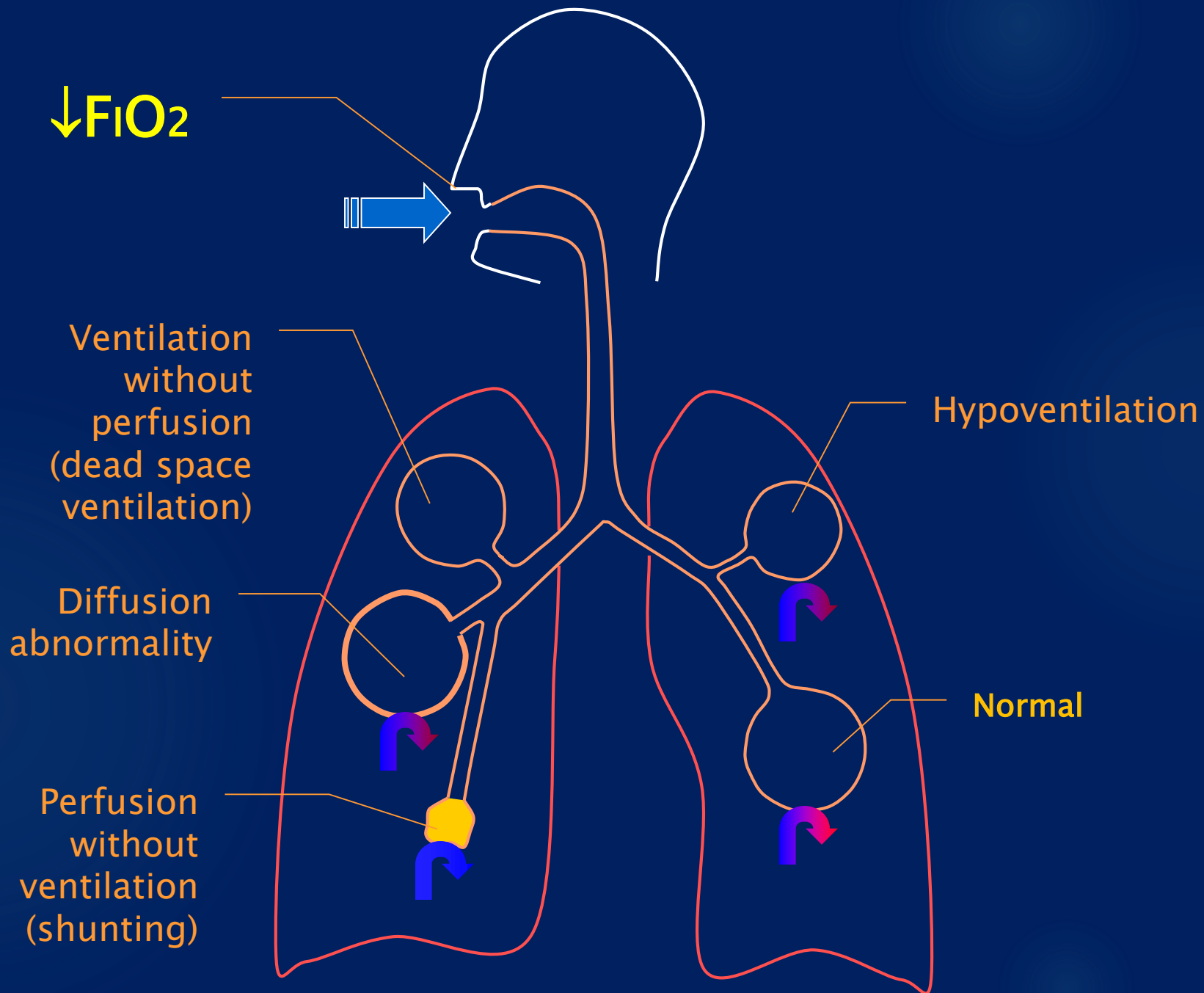
# V/Q mismatch





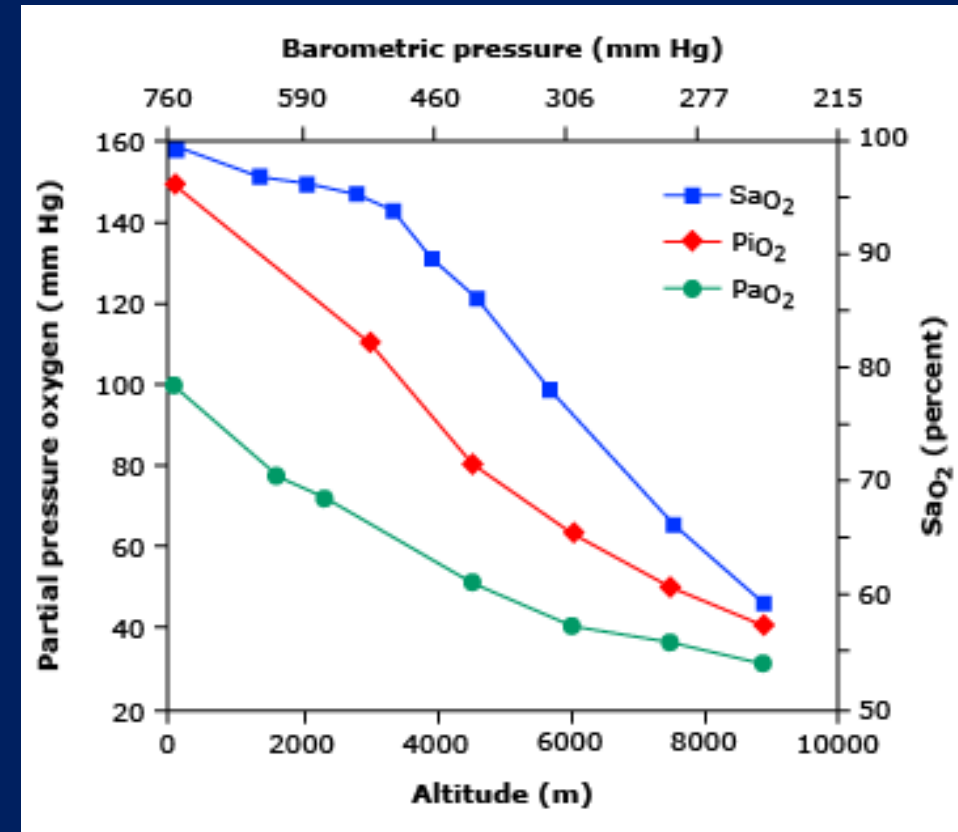
# Diffusion limitation

- ▶ alveolar and/or interstitial inflammation and fibrosis
- ▶ interstitial lung disease
- ▶ diffusion limitation usually coexists with V/Q mismatch
- ▶ exercise-induced or -exacerbated hypoxemia



# Reduced inspired oxygen tension

- ▶  $PiO_2 = FiO_2 \times (P_{atm} - P_{H_2O})$
- ▶ Reduction of the  $PiO_2$  will decrease the  $PAO_2$



- ▶ A reduced  $PiO_2$  is most commonly associated with high altitude

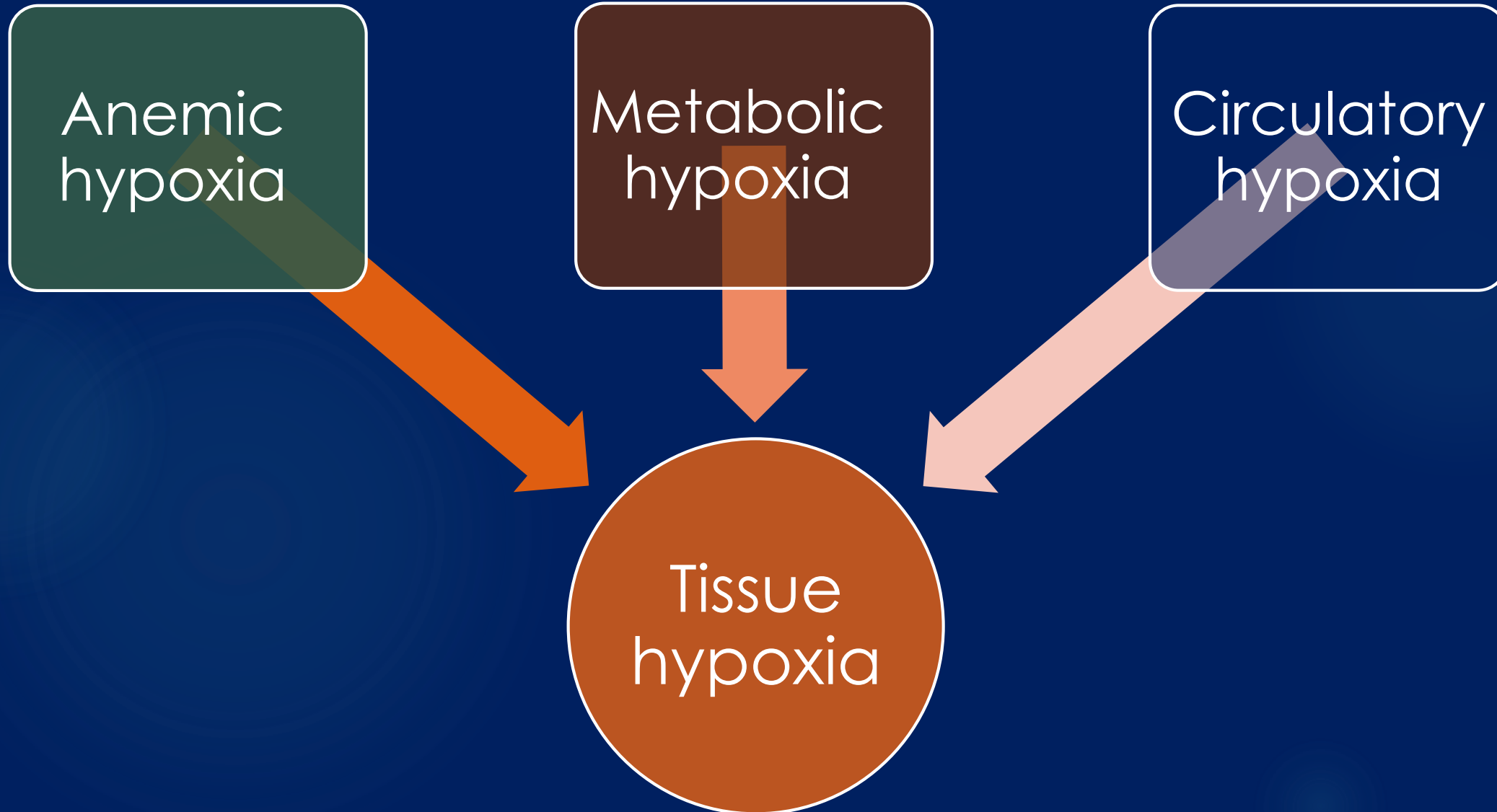
# Clinical Features and Diagnostic Approach

- ▶ Tachypneic
- ▶ Tachycardic
- ▶ **Cyanosis** of the lips or tongue



- ▶ Reduced (deoxygenated) hemoglobin is **> 5 g/100 mL**

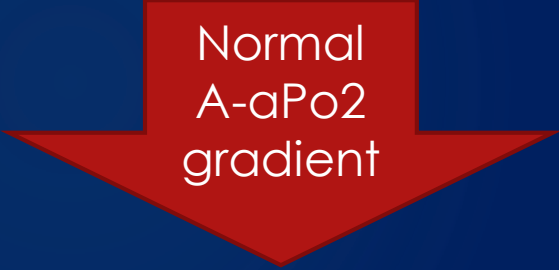
# Impair oxygen delivery or utilization





# Physical examination

- ▶ CHF
- ▶ Consolidation or effusion
- ▶ Pneumothorax
- ▶ **Arterial hypoxemia**



Normal  
A-aPo<sub>2</sub>  
gradient

**Hypoventilation**

	pCO <sub>2</sub>	pO <sub>2</sub>
Hypoventilation	80 mm Hg	40 mm Hg
Normal Ventilation	40 mm Hg	90 mm Hg
Hyperventilation	20 mm Hg	115 mm Hg



# **ACUTE RESPIRATORY DISTRESS SYNDROME (ARDS)**

# First description of ARDS

- ▶ in 1967 Ashbaugh and colleagues described 12 patients ranging in age from 11 to 48 years who presented with
- ▶ **respiratory distress**
- ▶ **hypoxemic respiratory failure**
- ▶ **patchy bilateral opacities on chest radiographs**

# Acute respiratory distress syndrome (ARDS)

- ▶ ***clinical syndrome***
- ▶ severe dyspnea of rapid onset
- ▶ Hypoxemia
- ▶ diffuse pulmonary infiltrates



leading  
to

- ▶ respiratory failure

# ARDS

**Table 23.2**      **Clinical Features of ARDS**

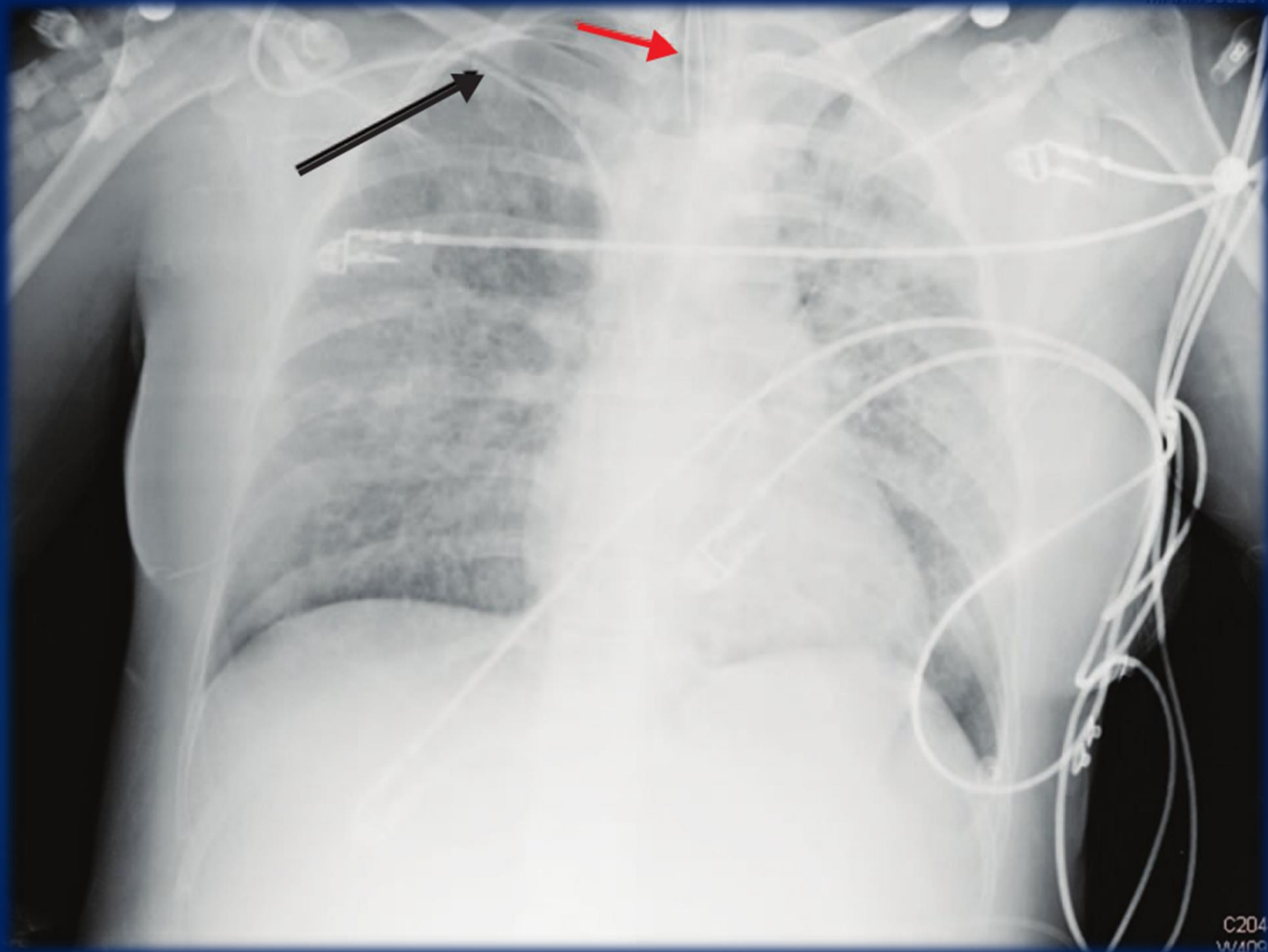
1. Acute onset
2. Bilateral infiltrates on frontal chest x-ray
3.  $\text{PaO}_2/\text{FiO}_2 \leq 300 \text{ mm Hg}^\dagger$
4. No evidence of left heart failure or fluid overload
5. The presence of a predisposing condition

# clinical features of ARDS

TABLE 294-2 Diagnostic Criteria for ARDS

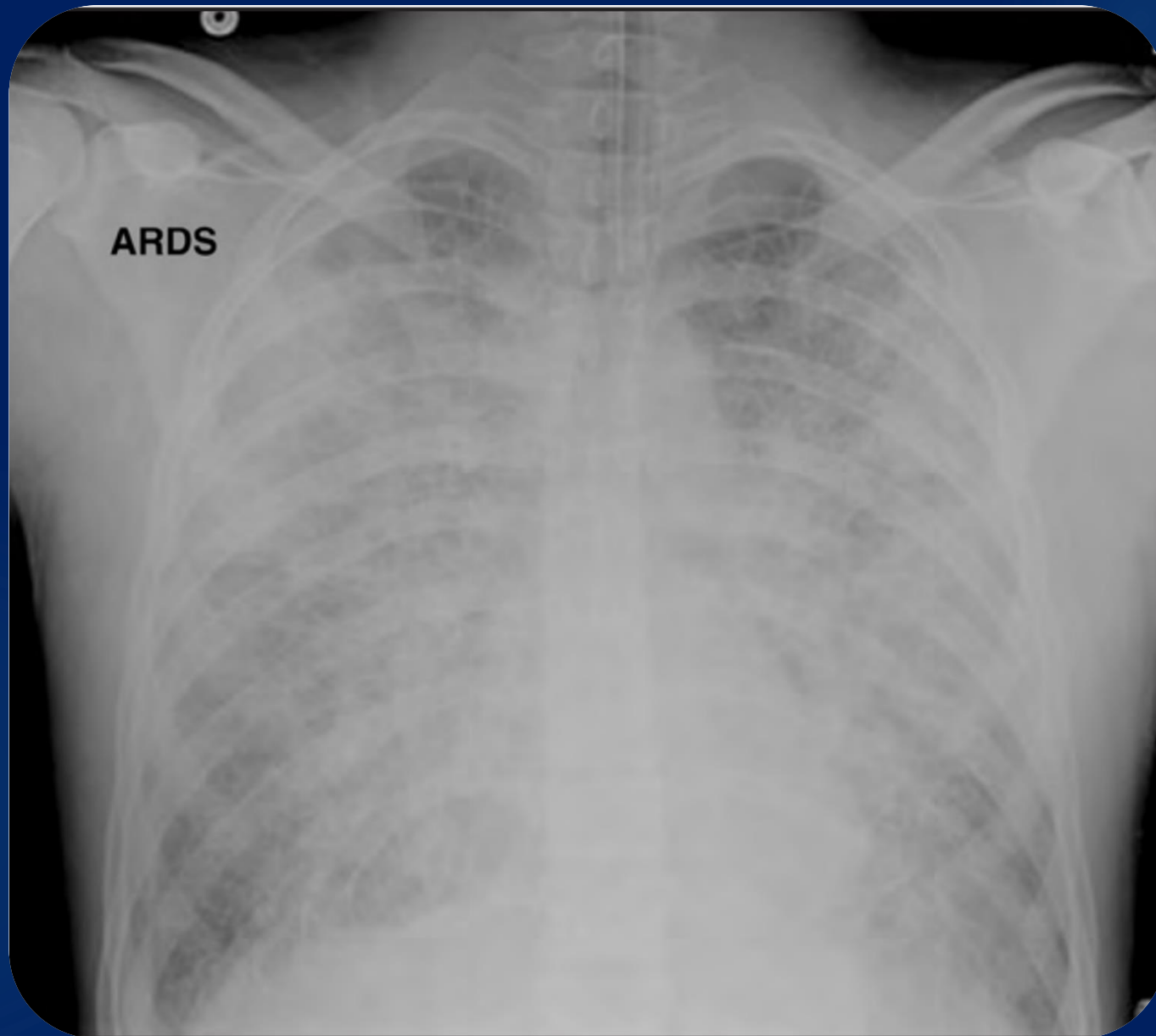
SEVERITY: OXYGENATION <sup>a</sup>	ONSET	CHEST RADIOGRAPH	ABSENCE OF LEFT ATRIAL HYPERTENSION
Mild: 200 mmHg < Pao <sub>2</sub> /Fio <sub>2</sub> ≤ 300 mmHg Moderate: 100 mmHg < Pao <sub>2</sub> /Fio <sub>2</sub> ≤ 200 mmHg Severe: Pao <sub>2</sub> /Fio <sub>2</sub> ≤ 100 mmHg	Acute: Within 1 week of a clinical insult or new or worsening respiratory symptoms.	Bilateral opacities consistent with pulmonary edema not fully explained by effusions, lobar/lung collapse, or nodules	Hydrostatic edema is not the primary cause of respiratory failure. If no ARDS risk factor is present, then some objective evaluation is required (e.g., echocardiography) to rule out hydrostatic edema

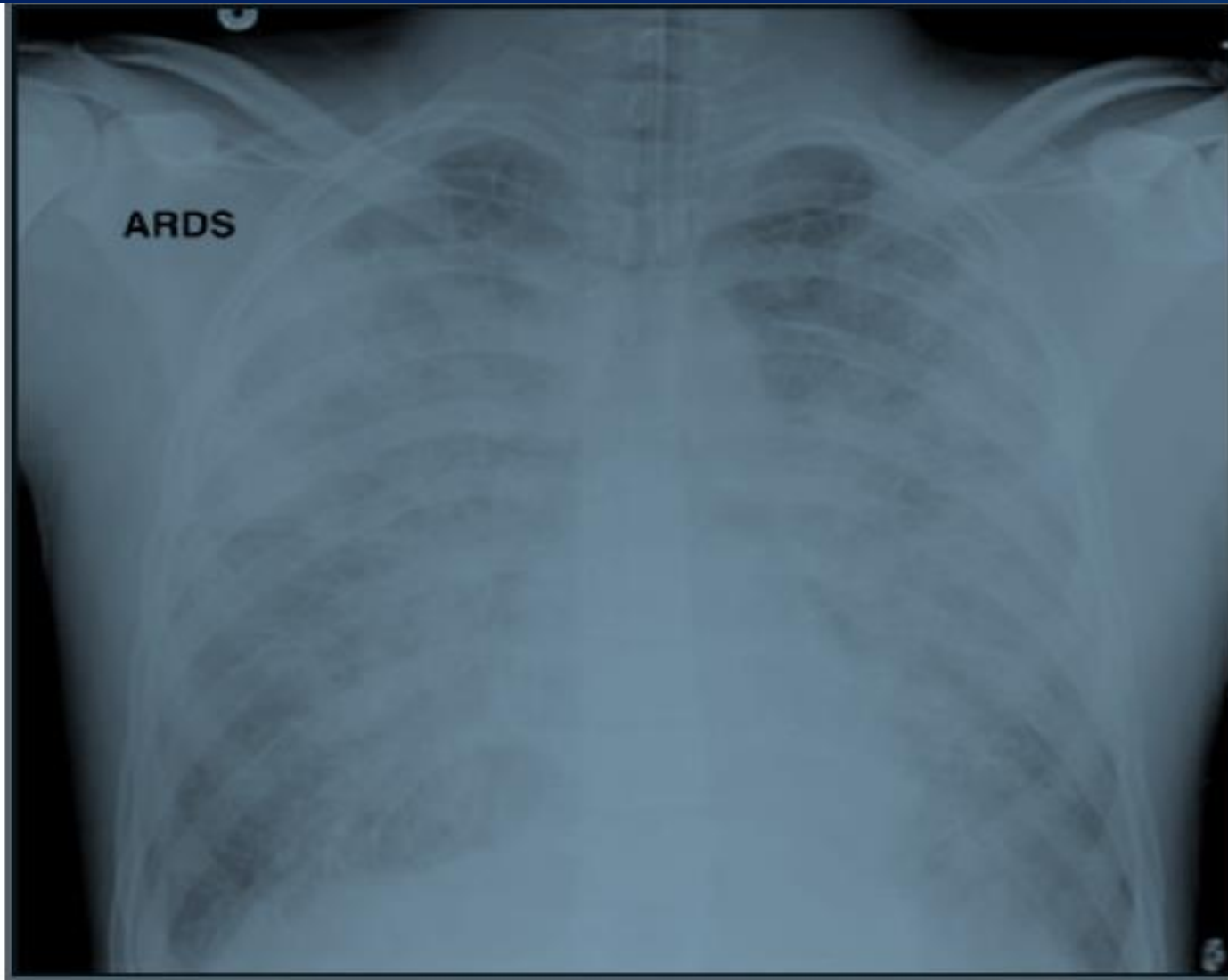
Three categories based on the degrees of hypoxemia



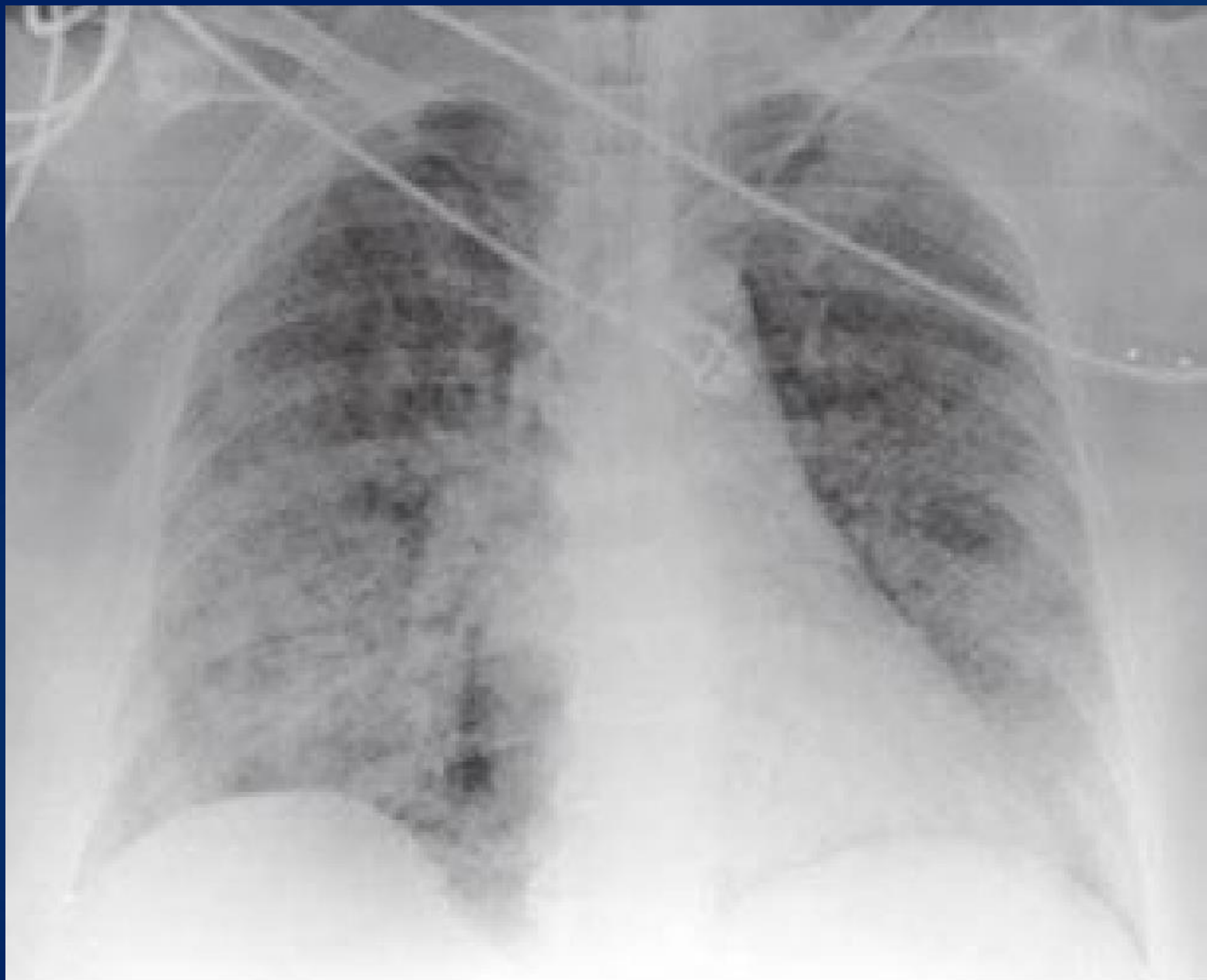
C204  
W409

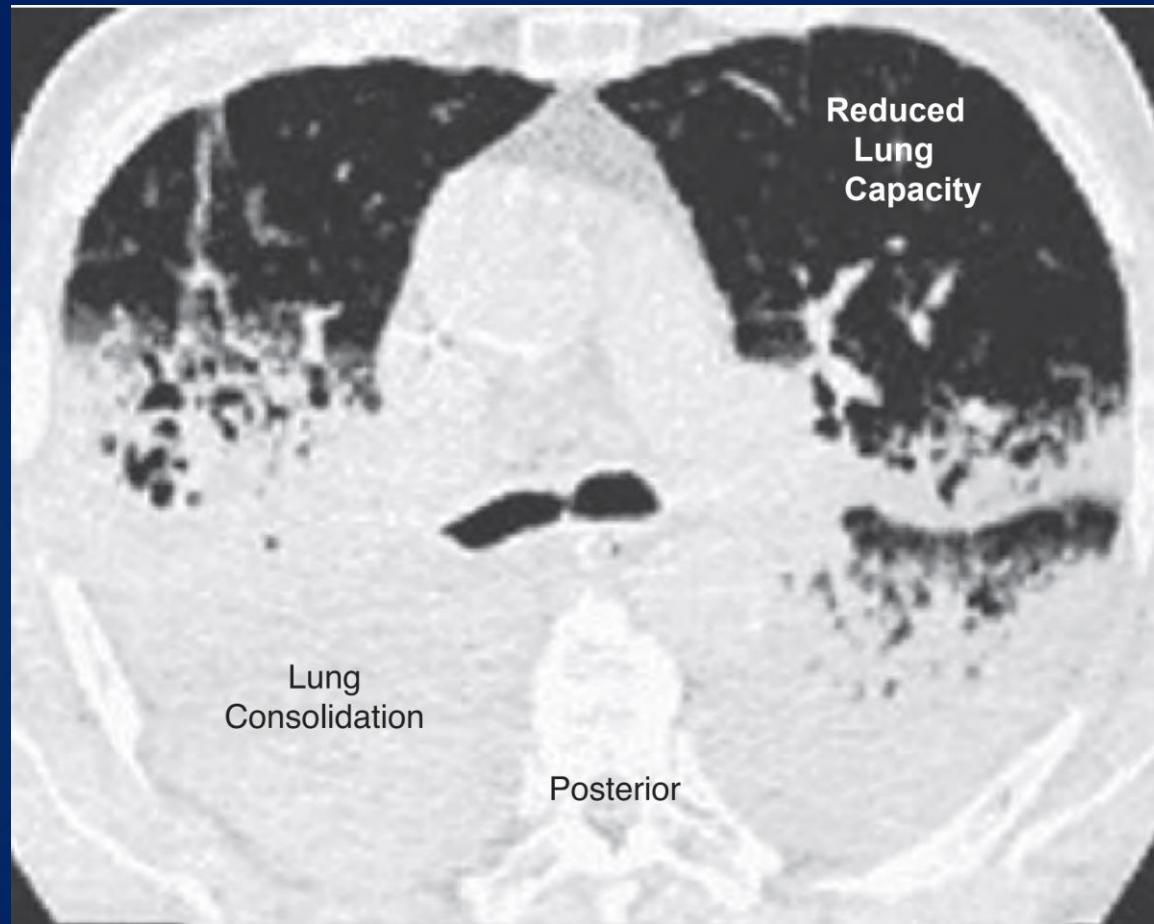


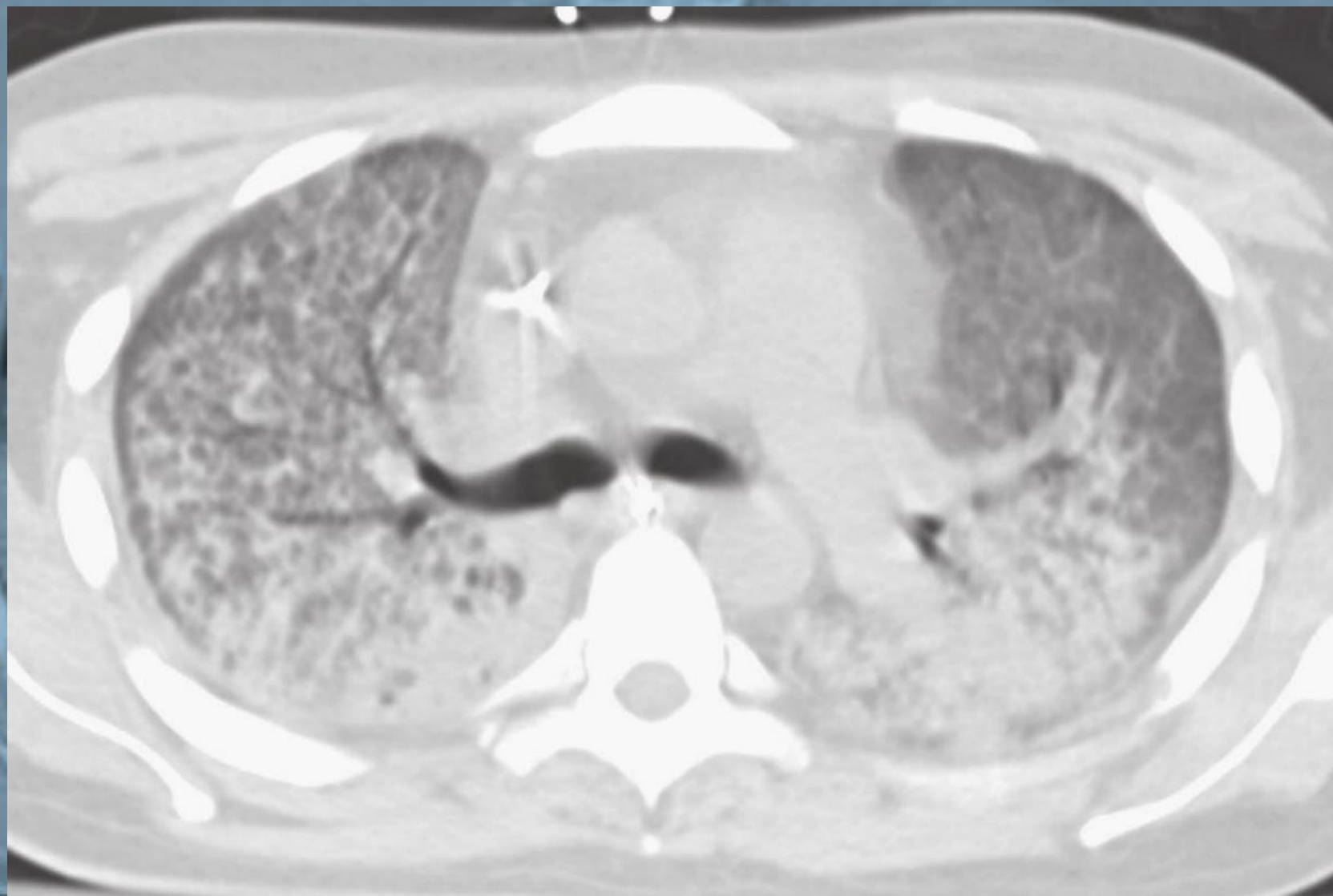




**FIGURE 23.2** Portable chest x-ray showing the classic radiographic appearance of ARDS. The infiltrate has a finely granular or "ground glass" appearance, and is evenly distributed throughout both lungs, with a relative sparing of the lung bases. There is no evidence of a pleural effusion.







# Acute respiratory distress syndrome (ARDS)

- ▶ ***Diffuse lung injury***

- ▶ many underlying medical and surgical disorders

- ▶ lung injury

- ▶ Direct

- ▶ toxic inhalation

- ▶ Indirect

- ▶ Sepsis



**TABLE 294-1 Clinical Disorders Commonly Associated with ARDS**

<b>DIRECT LUNG INJURY</b>	<b>INDIRECT LUNG INJURY</b>
Pneumonia	Sepsis
Aspiration of gastric contents	Severe trauma
Pulmonary contusion	Multiple bone fractures
Near-drowning	Flail chest
Toxic inhalation injury	Head trauma
	Burns
	Multiple transfusions
	Drug overdose
	Pancreatitis
	Postcardiopulmonary bypass

# ARDS

- ▶ Acute onset
- ▶ Bilateral opacities
- ▶ PAWP  $\leq 18$  mm Hg  
(absence of clinical evidence of LAH)
- ▶ Hypoxemia  $P_{o2}/F_{io2}$



# ARDS

**TABLE 322-2**   **DIAGNOSTIC CRITERIA FOR ARDS**

<b>Severity: Oxygenation</b>	<b>Onset</b>	<b>Chest Radiograph</b>	<b>Absence of Left Atrial Hypertension</b>
<i>Mild:</i> 200 mmHg < $Pao_2/Fio_2 \leq 300$ mmHg <i>Moderate:</i> 100 mmHg < $Pao_2/Fio_2 \leq 200$ mmHg <i>Severe:</i> $Pao_2/Fio_2 \leq 100$ mmHg	Acute	Bilateral alveolar or interstitial infiltrates	PCWP $\leq 18$ mmHg or no clinical evidence of increased left atrial pressure

# ARDS

- ▶ annual incidence 60 cases/100,000 population
- ▶ 10% of all ICU admissions

# ETIOLOGY

- ▶ many medical and surgical illnesses
  - ▶ pneumonia and sepsis (~40–60%)
  - ▶ aspiration of gastric contents
  - ▶ Trauma
  - ▶ multiple transfusions
  - ▶ drug overdose

# ETIOLOGY

- ▶ many medical and surgical illnesses
  - ▶ pneumonia and sepsis (~40–60%)
  - ▶ aspiration of gastric contents
  - ▶ Trauma
    - ▶ Pulmonary contusion
    - ▶ multiple bone fractures
    - ▶ chest wall trauma/flail chest
    - ▶ head trauma
    - ▶ near-drowning
    - ▶ toxic inhalation
    - ▶ Burns
  - ▶ multiple transfusions
  - ▶ drug overdose



Risks of developing ARDS

increased

> 1 predisposing medical or surgical condition

# Lack of Specificity

- ▶ Many of the diagnostic criteria for ARDS



- ▶ *misdiagnosis*



***Pneumonia***  
***Hydrostatic pulmonary edema***

# Other Risk Factors

- ▶ *Older age*
- ▶ *Chronic alcohol abuse*
- ▶ *Metabolic acidosis*
- ▶ *Pancreatitis*
- ▶ *Severity of critical illness*
- ▶ Trauma
  - ▶ APACHE II score  $\geq 16$ 
    - ▶ 2.5-fold increased risk of developing ARDS

**Diabetes** hyperglycemia is known to impair neutrophil function

# ARDS

## ▶ **Direct injury to the lung**

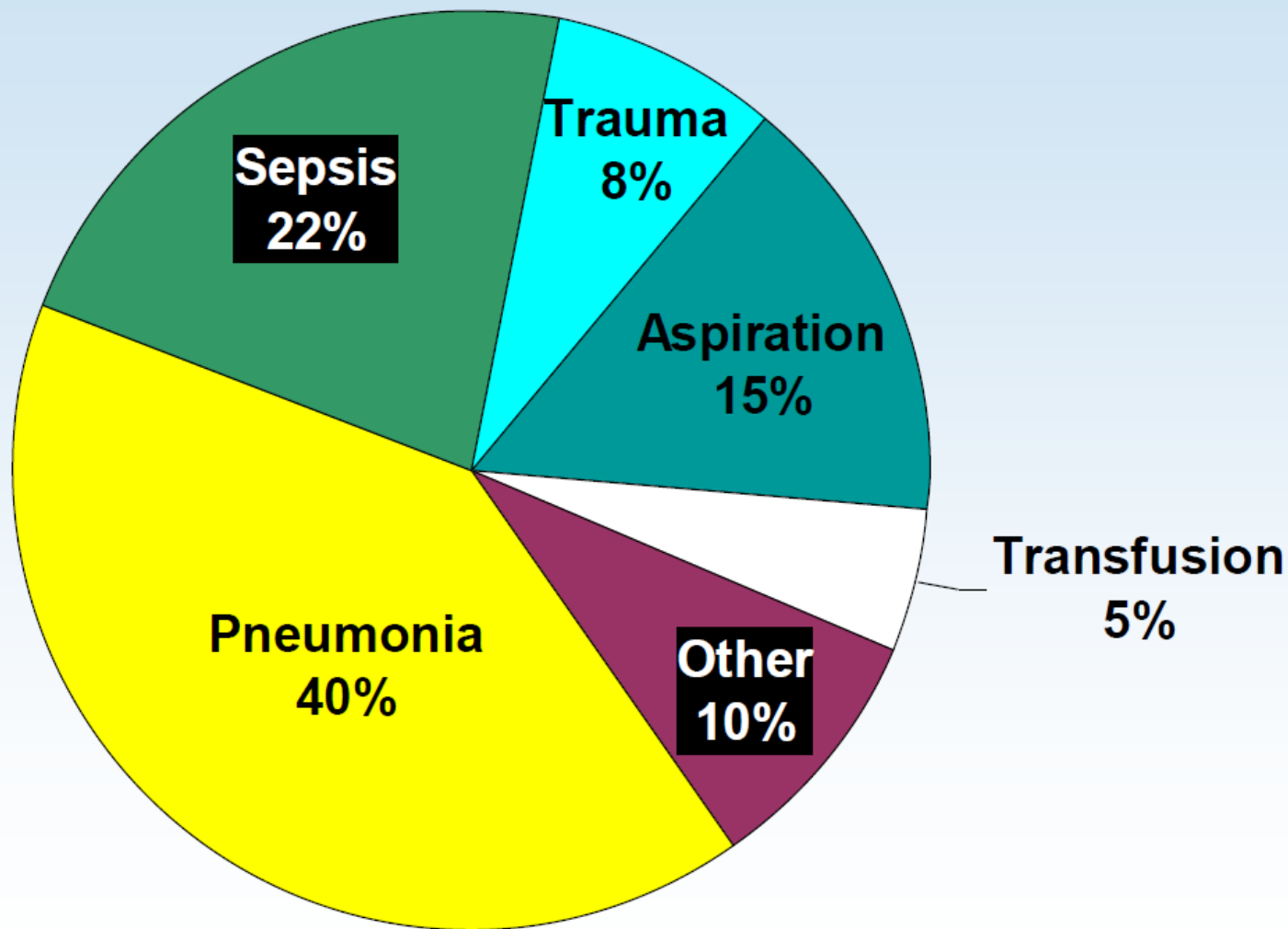
- ▶ aspiration pneumonia
- ▶ smoke inhalation
- ▶ near-drowning

## ▶ **systemic injury**

- ▶ Trauma
- ▶ Surgery
- ▶ Sepsis
- ▶ Burns
- ▶ Long bone fractures
- ▶ Pancreatitis
- ▶ Uremia
- ▶ transfusion therapy
- ▶ Shock
- ▶ drug intoxication
- ▶ cardiopulmonary bypass

# NIH-NHLBI ARDS Network

## Cause of Lung Injury



NHLBI ARDS Clinical Trials Network. *N Engl J Med.* 2004.






# Cigarette smoke

- ▶ *active or passive exposure to cigarette smoke*

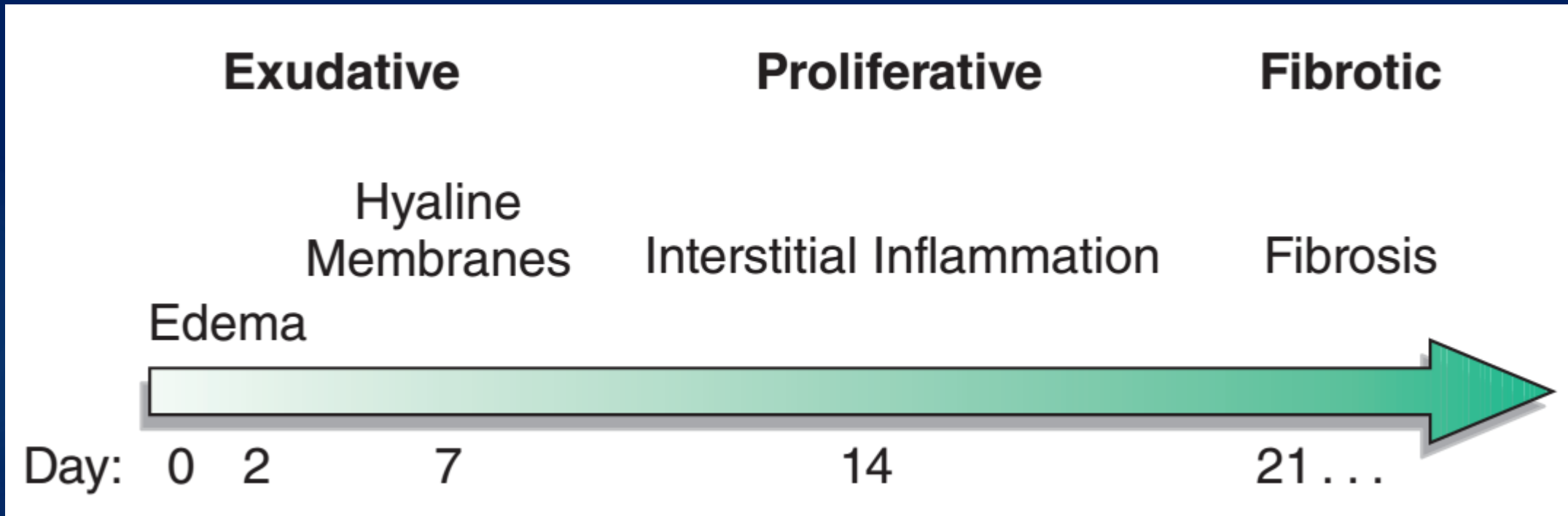


development of ARDS after trauma

# Overview of Pathophysiology in ARDS

- ▶ *edema fluid that fills the alveoli is exudative*
- ▶ *alveolar-capillary barrier exhibits increased permeability*
- ▶ *leakage of protein-rich fluid into the air spaces*
- ▶  respiratory system compliance
- ▶ Right -to-left shunting
- ▶ profound hypoxemia
- ▶ PaCO<sub>2</sub> is generally within the normal range
- ▶  Dead space ventilation &  minute ventilation

# Time course for the development and resolution of ARDS



# Pathology

- ▶ Exudative phase 5 -7 days
- ▶ Proliferative phase Days 7-21
- ▶ Fibrotic phase > 21 days
- ▶ Recovery phase > 7-21 days

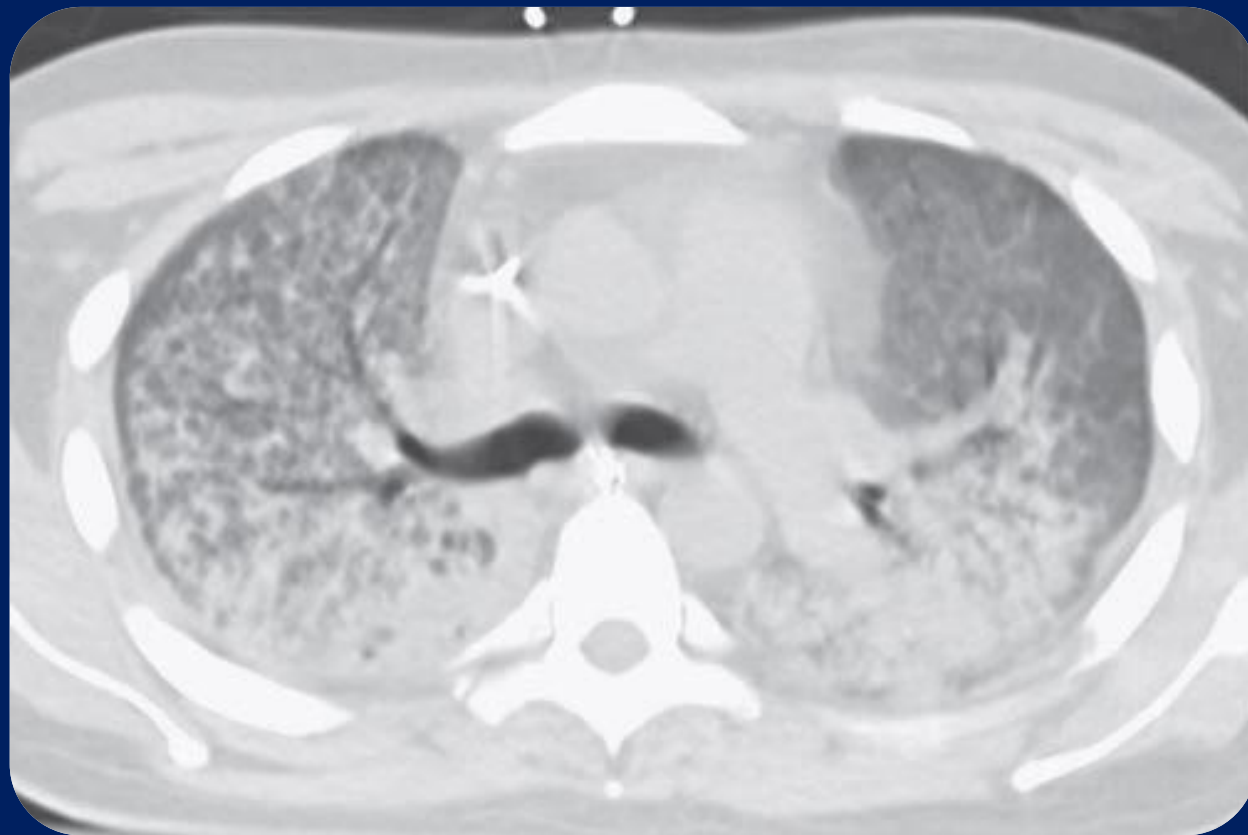
# Pathology

- ▶ ***Exudative phase 5 -7 days***
- ▶ Proliferative phase Days 7-21
- ▶ Fibrotic phase > 21 days
- ▶ Recovery phase > 7-21 days

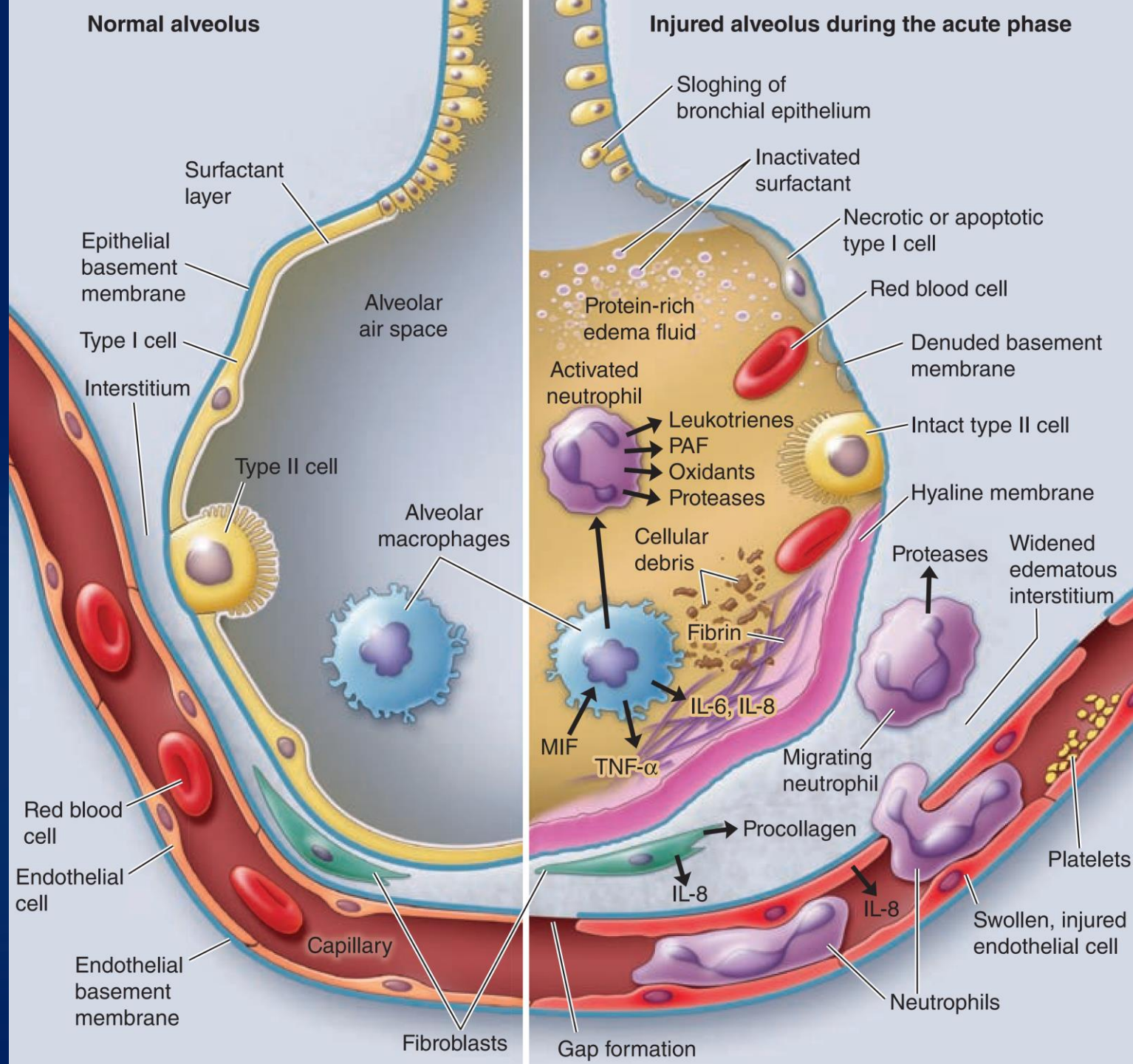
# Exudative phase

- ▶ **DAD type I pneumocytes (alveolar epithelial cells)**
- ▶ Increased permeability
  - ▶ Influx of protein rich fluid into alveoli
- ▶ enhanced cytokine production
  - ▶ IL1, IL 8, TNF- $\alpha$  ,LT B4
- ▶ recruitment of leukocytes (especially neutrophils)
- ▶ dysfunctional pulmonary surfactant
- ▶ vascular obliteration by microthrombi
- ▶ fibrocellular proliferation

# Exudative phase of ARDS









# If no ARDS risk factor is present

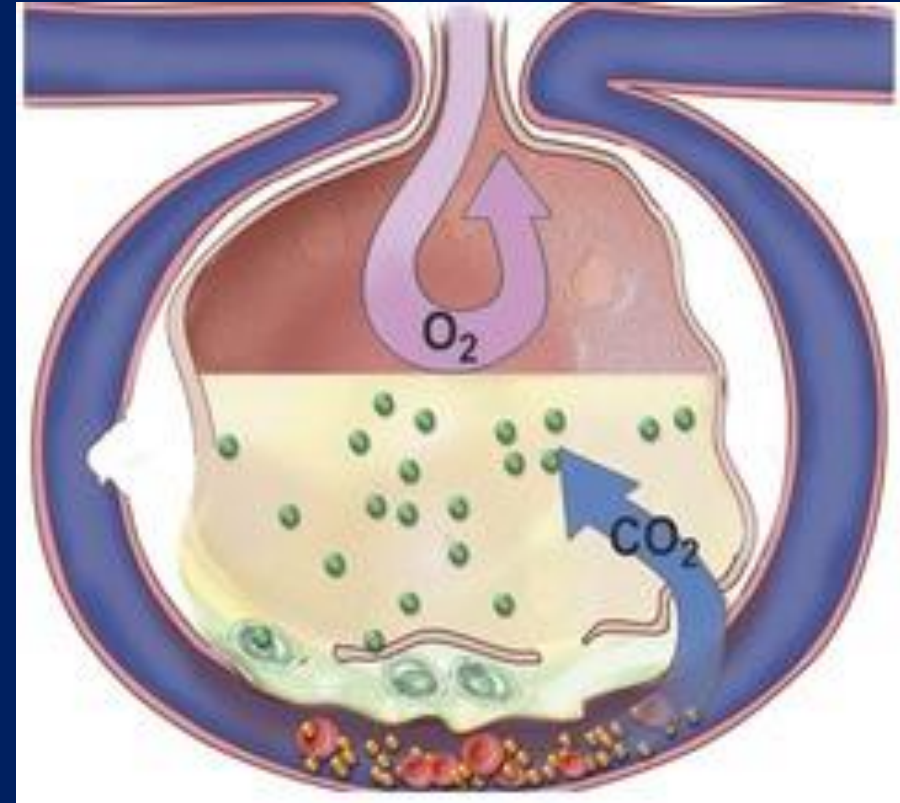
- ▶ some objective evaluation is required (e.g., echocardiography)



- ▶ to exclude a cardiac etiology for hydrostatic edema

# Exudative Phase

- ▶ First 7 days of illness after exposure
- ▶ 12–36 hours after the initial insult
- ▶ **Dyspnea**
  - ▶ Rapid shallow breathing
  - ▶ Inability to get enough air
- ▶ **Tachypnea**
  - ▶ Increased work of breathing
  - ▶ Respiratory fatigue
  - ▶ Respiratory failure

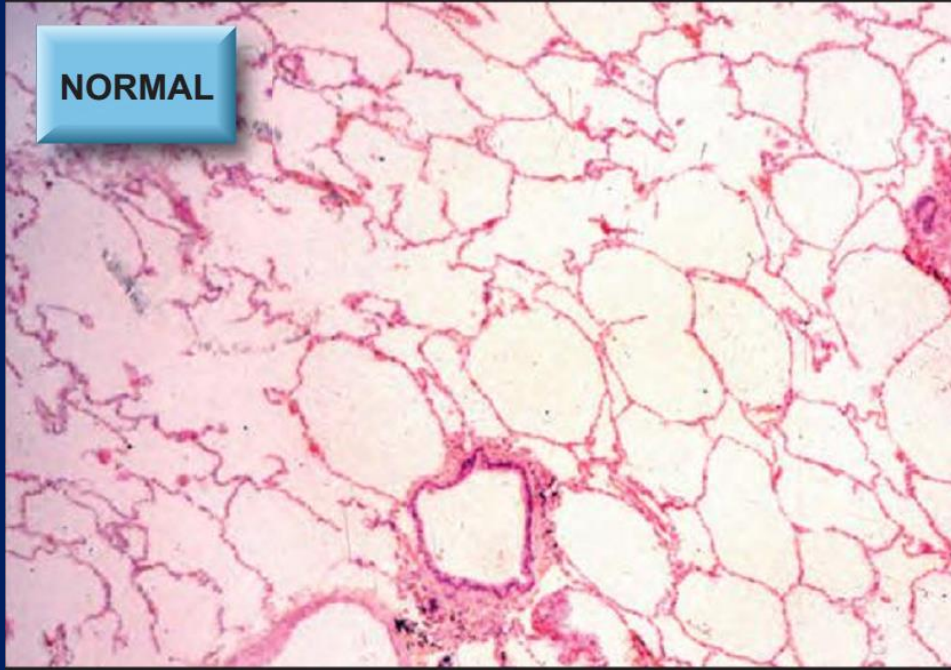


# Differential diagnosis of ARDS

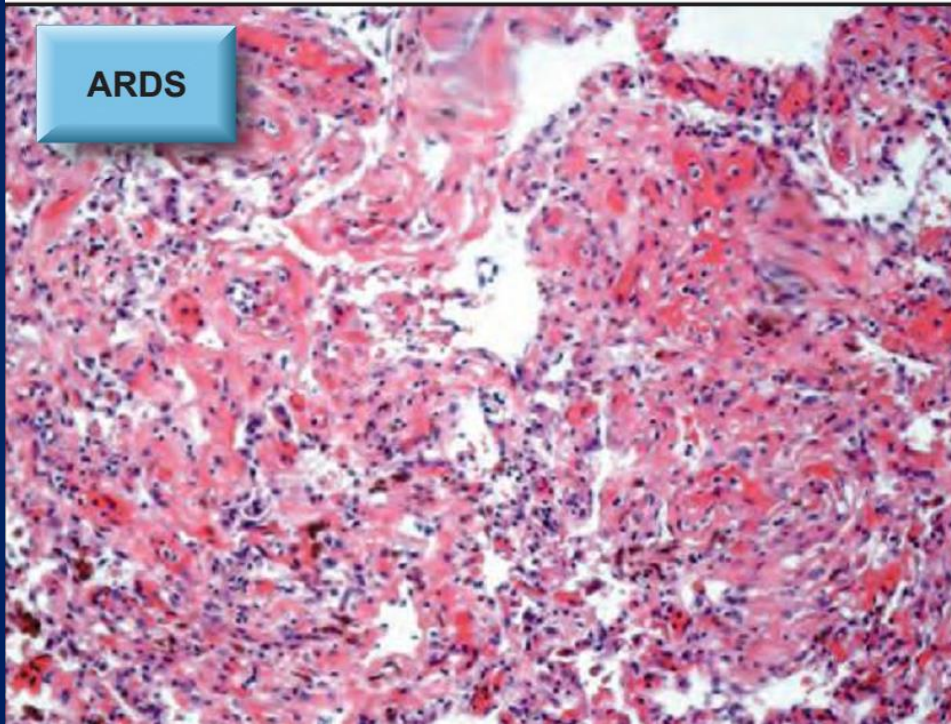
- ▶ cardiogenic pulmonary edema
- ▶ bilateral pneumonia
- ▶ alveolar hemorrhage
- ▶ acute interstitial lung diseases (AIP)
- ▶ acute immunologic injury (HP)
- ▶ toxin injury (radiation pneumonitis)
- ▶ neurogenic pulmonary edema

# ARDS

NORMAL



ARDS



# Pathology

- ▶ Exudative phase 5 -7 days
- ▶ ***Proliferative phase Days 7-21***
- ▶ Fibrotic phase > 21 days
- ▶ Recovery phase > 7-21 days



# Proliferative phase

- ▶ *Most patients recover rapidly*
- ▶ *many patients still experience*
  - ▶ Dyspnea
  - ▶ Tachypnea
  - ▶ Hypoxemia
- ▶ *Some patients develop progressive lung injury*
  - ▶ early changes of pulmonary fibrosis
- ▶ *Shift from neutrophil- to lymphocyte-predominant*
- ▶ *type II pneumocytes proliferate*

# Pathology



- ▶ Exudative phase 5 -7 days
- ▶ Proliferative phase Days 7-21
- ▶ **Fibrotic phase > 21 days**
- ▶ Recovery phase > 7-21 days

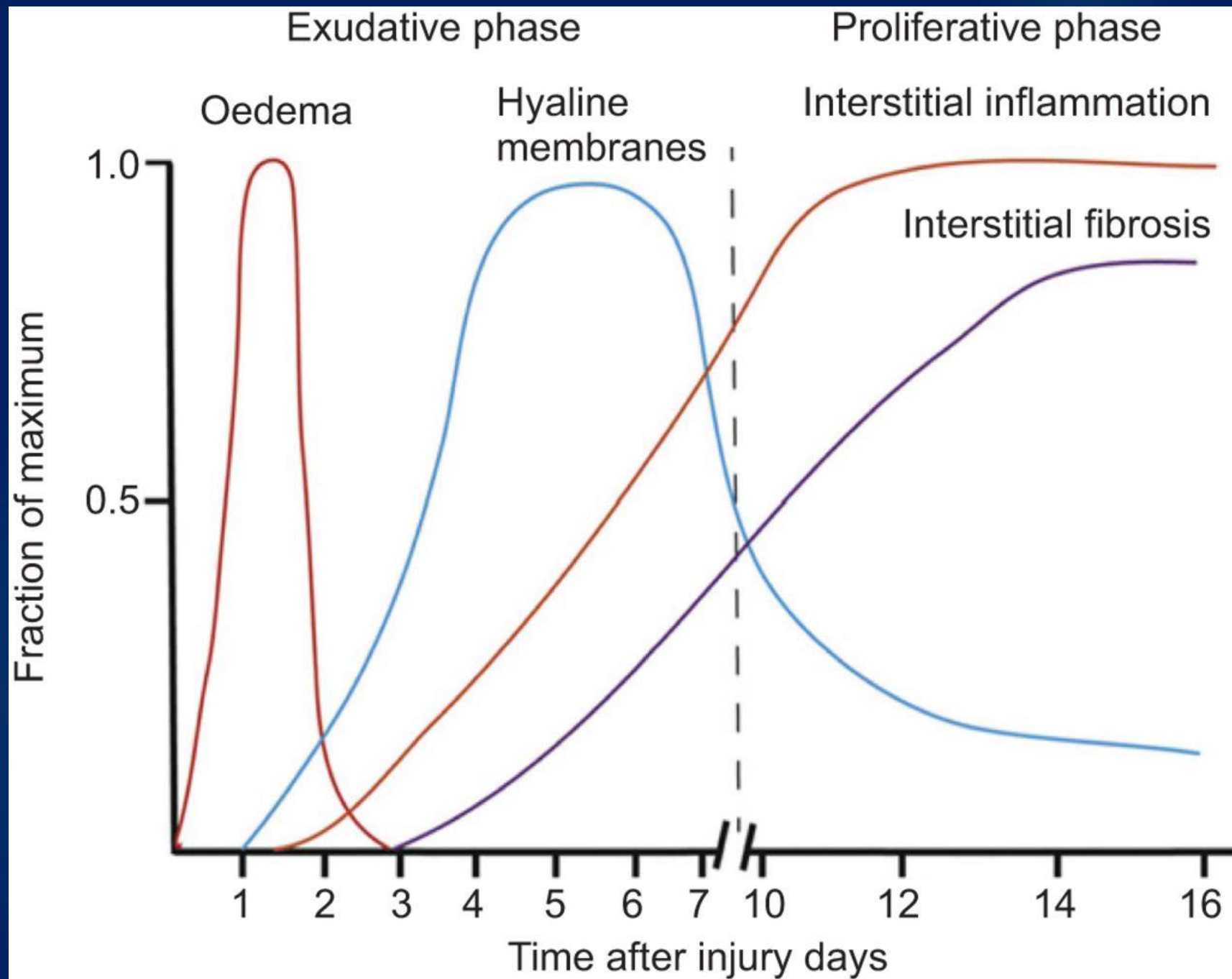
# Fibrotic phase 3–4 weeks after

- ▶ loss of alveolar structure integrity
- ▶ pulmonary fibrosis
  - ▶ in a subset of patients with persistent > 3 weeks ARDS

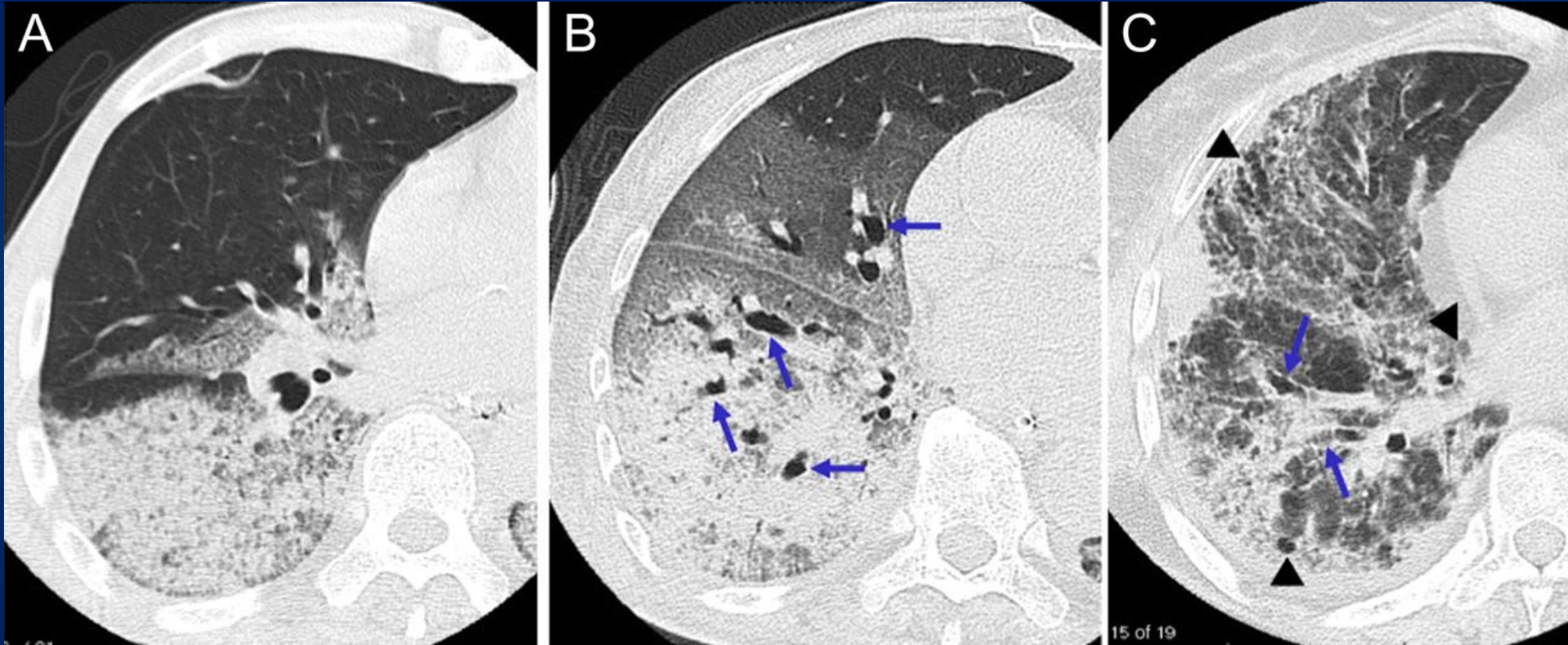


# Fibrotic Phase

- ▶ Interstitial fibrosis
  - ▶ long-term support on MV and/or supplemental oxygen.
- ▶ emphysema-like changes, with large bullae
  - ▶ Marked disruption of acinar architecture
- ▶ progressive vascular occlusion and pulmonary hypertension
  - ▶ Intimal fibroproliferation in the pulmonary microcirculation
- ▶ Pneumothorax
- ▶ Lung compliance 
- ▶ Pulmonary dead space 



# ARDS



# Clinical presentation of an ARDS patient

- ▶ hypoxia
- ▶ cyanosis
- ▶ tachypnea
- ▶ tachycardia
- ▶ respiratory alkalosis
- ▶ respiratory acidosis
  
- ▶ \*\*\* this is usually a diagnosis of exclusion
- ▶ rule out a couple of things like pneumonia, HF exacerbation



# Clinical presentation

- ▶ Dyspnea
- ▶ Cyanosis
- ▶ Tachypnea
- ▶ Tachycardia
- ▶ Diaphoresis
- ▶ Diffuse crackles



# Ventila

- ▶ mechan
- ▶ excessiv
- ▶ Pneumo
- ▶ pneumo
- ▶ subcuta

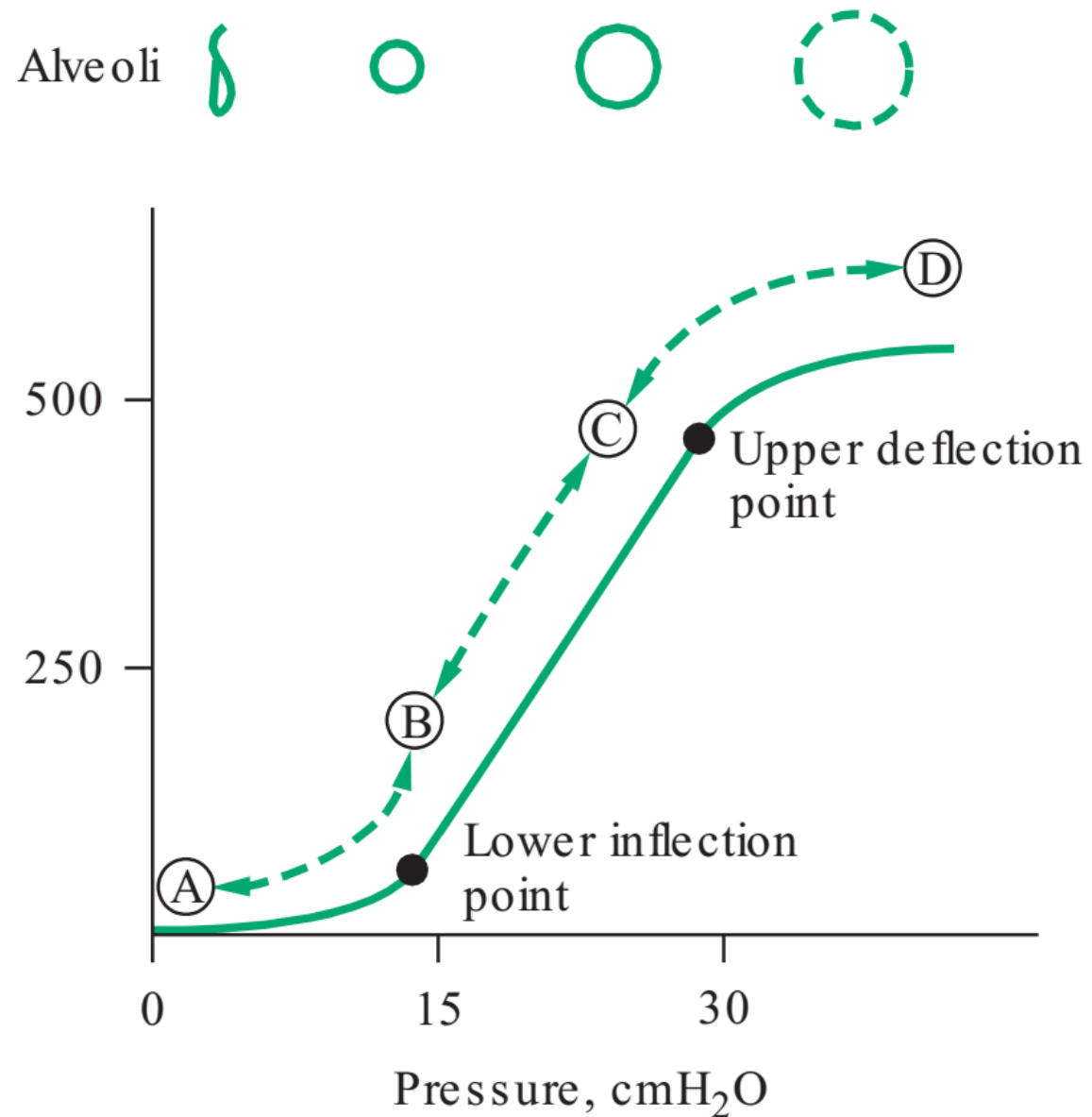


***Mechanical ventilation can induce pulmonary edema by causing increases in both epithelial and endothelial permeability***



Elevation in cytokine levels

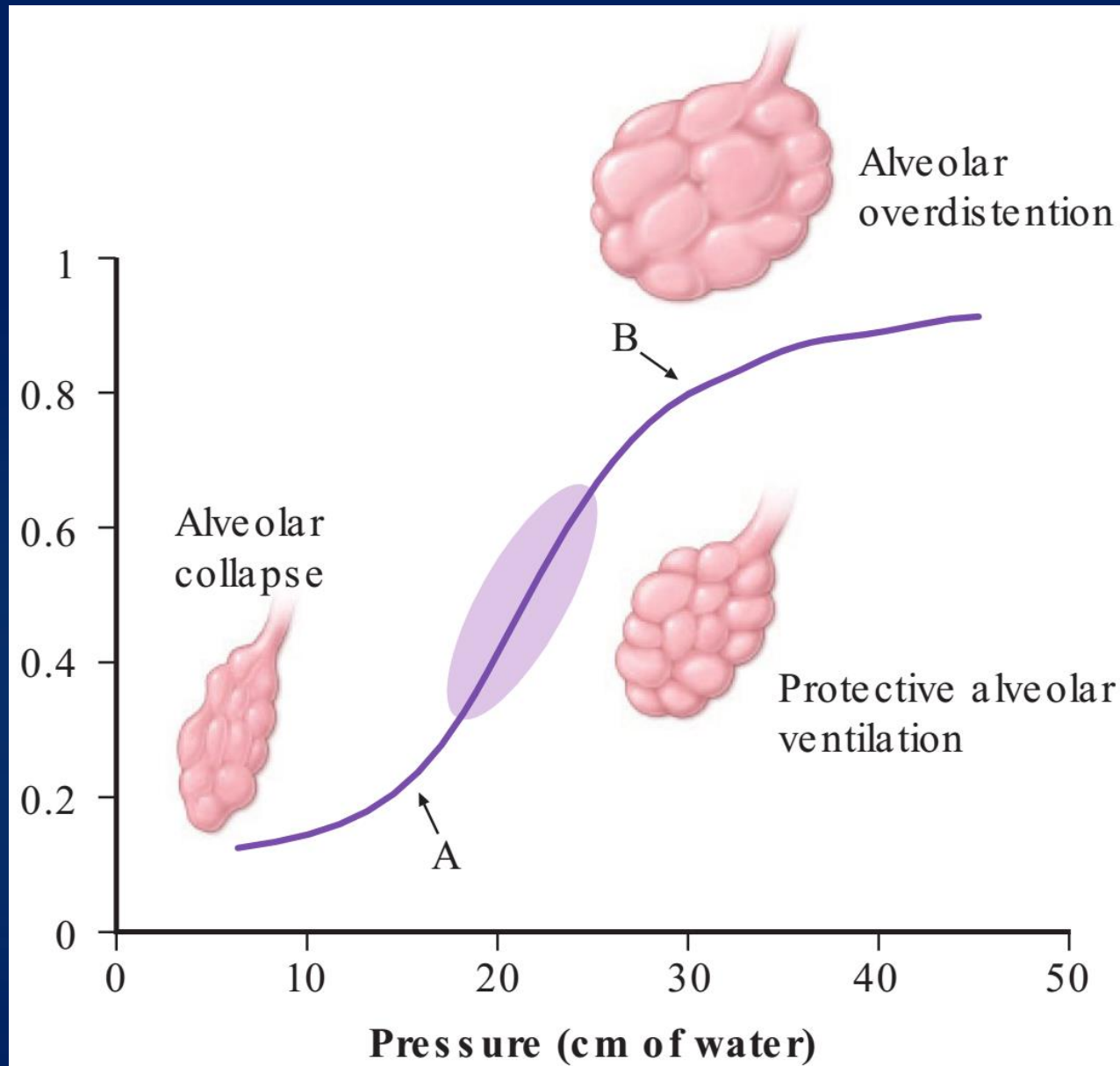
# ARDS



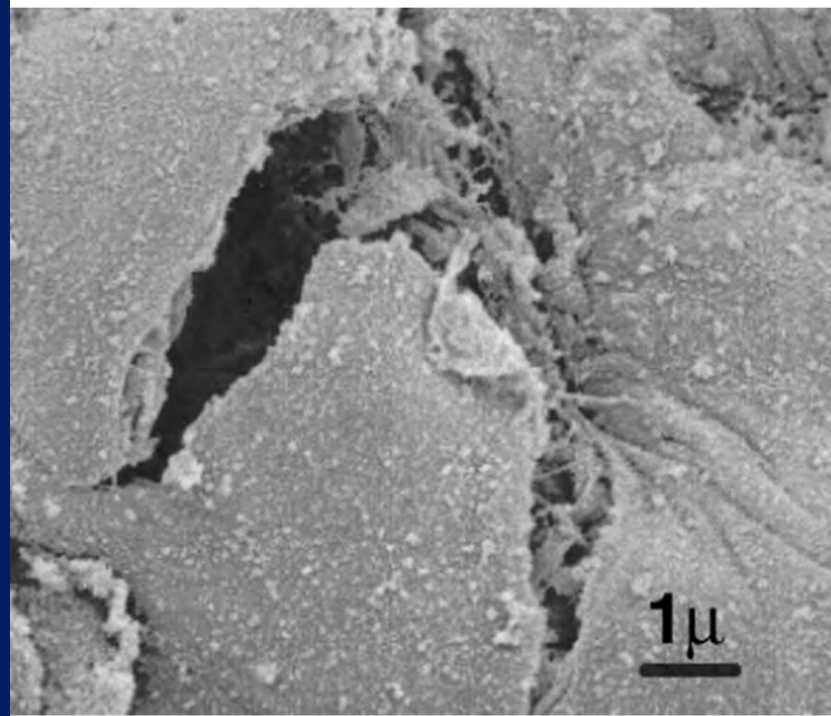
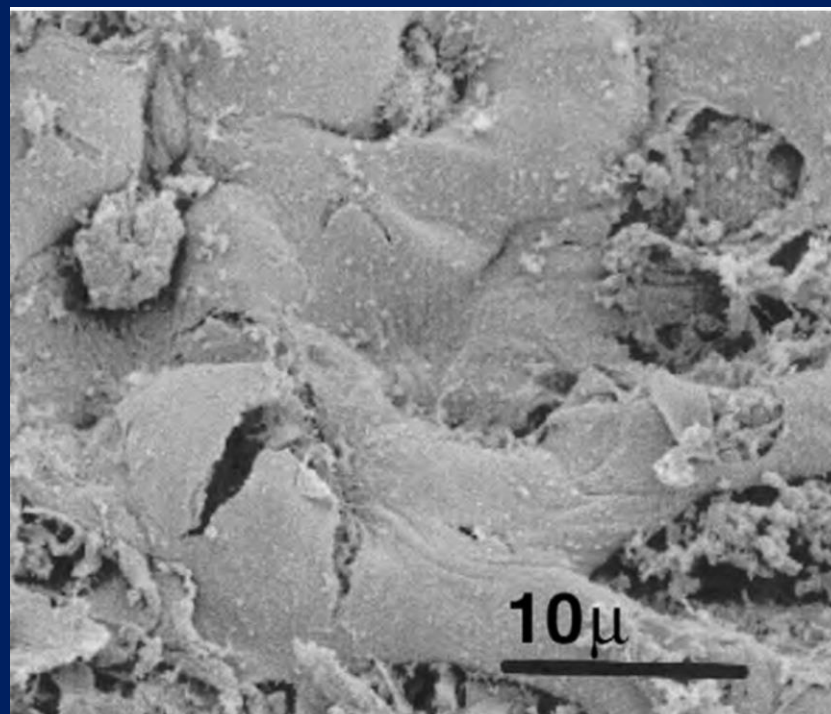
ventilator-induced "volutrauma"



# pressure-volume curve of the lung



# Post mortem specimen from a patient with ARDS



# CXRay

- ▶ Alveolar and interstitial opacities
- ▶ Three-quarters of the lung fields



INDISTINGUISHABLE

- ▶ ***Cardiogenic pulmonary edema***

# ARDS



# ARDS



# Differential diagnosis of ARDS

- ▶ Cardiogenic pulmonary edema
- ▶ Diffuse pneumonia
- ▶ Alveolar hemorrhage
- ▶ Acute interstitial lung diseases
- ▶ Acute immunologic injury
- ▶ hypersensitivity pneumonitis
- ▶ Toxin injury
- ▶ radiation pneumonitis
- ▶ Neurogenic pulmonary edema





# *Management of ARDS*

- ▶ Low tidal volumes ( $\leq 6$  mL/kg)
- ▶ Positive endexpiratory pressure (PEEP)
- ▶ Adequate oxygenation with the lowest FIO<sub>2</sub>



# RECOMMENDATIONS FOR ARDS THERAPIES

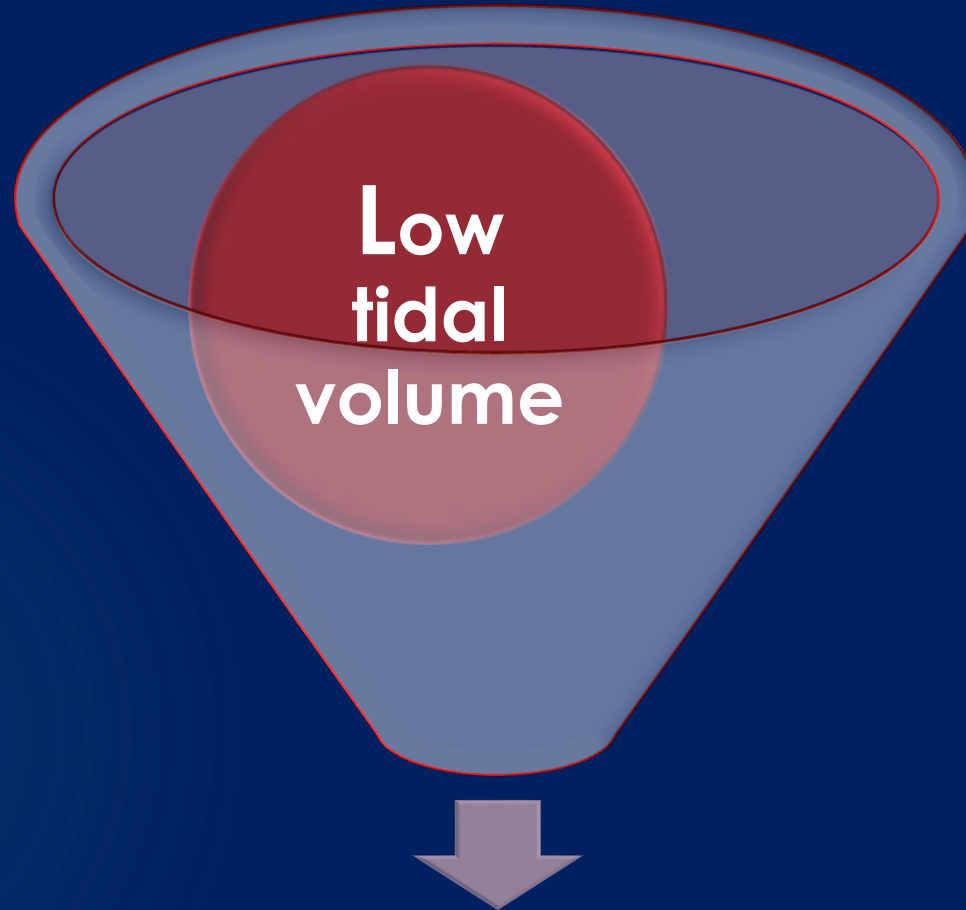
**TABLE 322-3 EVIDENCE-BASED RECOMMENDATIONS FOR ARDS THERAPIES**

Treatment	Recommendation <sup>a</sup>
Mechanical ventilation	
Low tidal volume	A
Minimized left atrial filling pressures	B
High-PEEP or “open lung”	C
Prone position	C
Recruitment maneuvers	C
High-frequency ventilation	D
ECMO	C
Early neuromuscular blockade	A
Glucocorticoid treatment	D
Surfactant replacement, inhaled NO, inhaled epoprostenol, and other anti-inflammatory therapy (e.g., ketoconazole, PGE <sub>1</sub> , NSAIDs)	D

**TABLE 294-3 Evidence-Based Recommendations for ARDS Therapies**

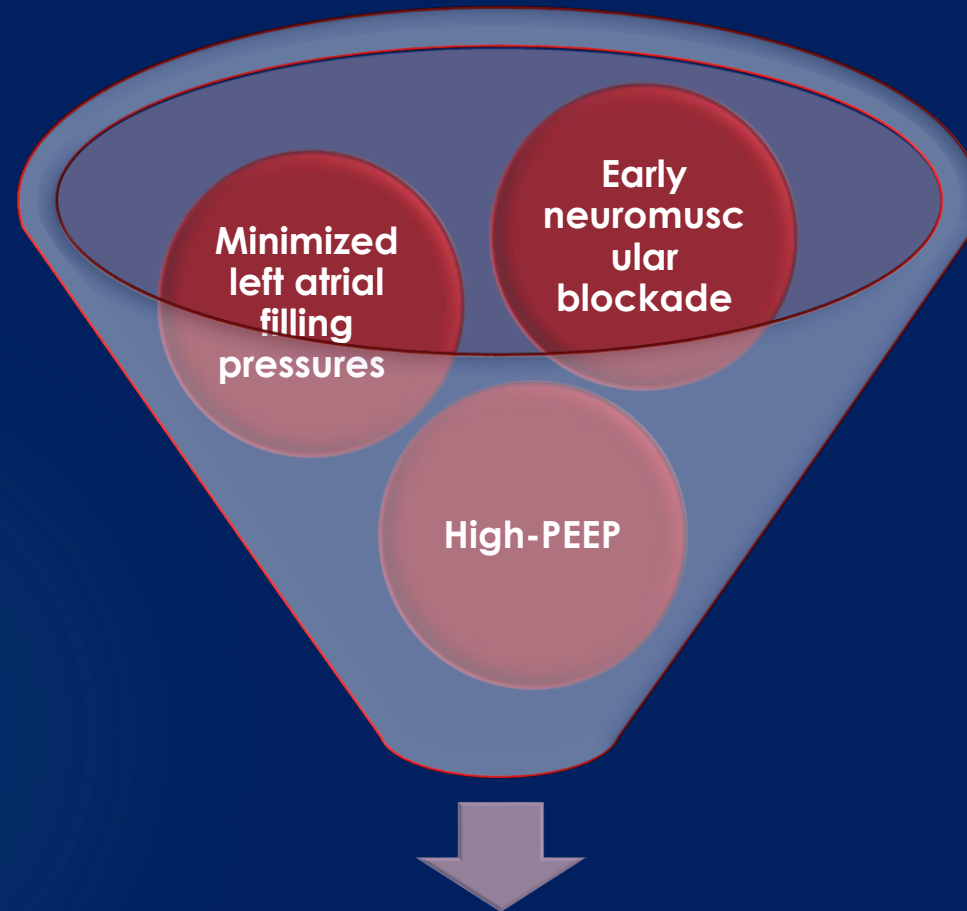
TREATMENT	RECOMMENDATION <sup>a</sup>
Mechanical ventilation	
Low tidal volume	A
Minimized left atrial filling pressures	B
High-PEEP or “open lung”	B <sup>b</sup>
Prone position	B <sup>b</sup>
Recruitment maneuvers	C
High-frequency ventilation	D
ECMO	B <sup>b</sup>
Early neuromuscular blockade	B <sup>b</sup>
Glucocorticoid treatment	D
Inhaled vasodilators (e.g., inhaled NO, inhaled epoprosteol)	C
Surfactant replacement, and other anti-inflammatory therapy (e.g., ketoconazole, PGE <sub>1</sub> , NSAIDs)	D

# Recommendation A



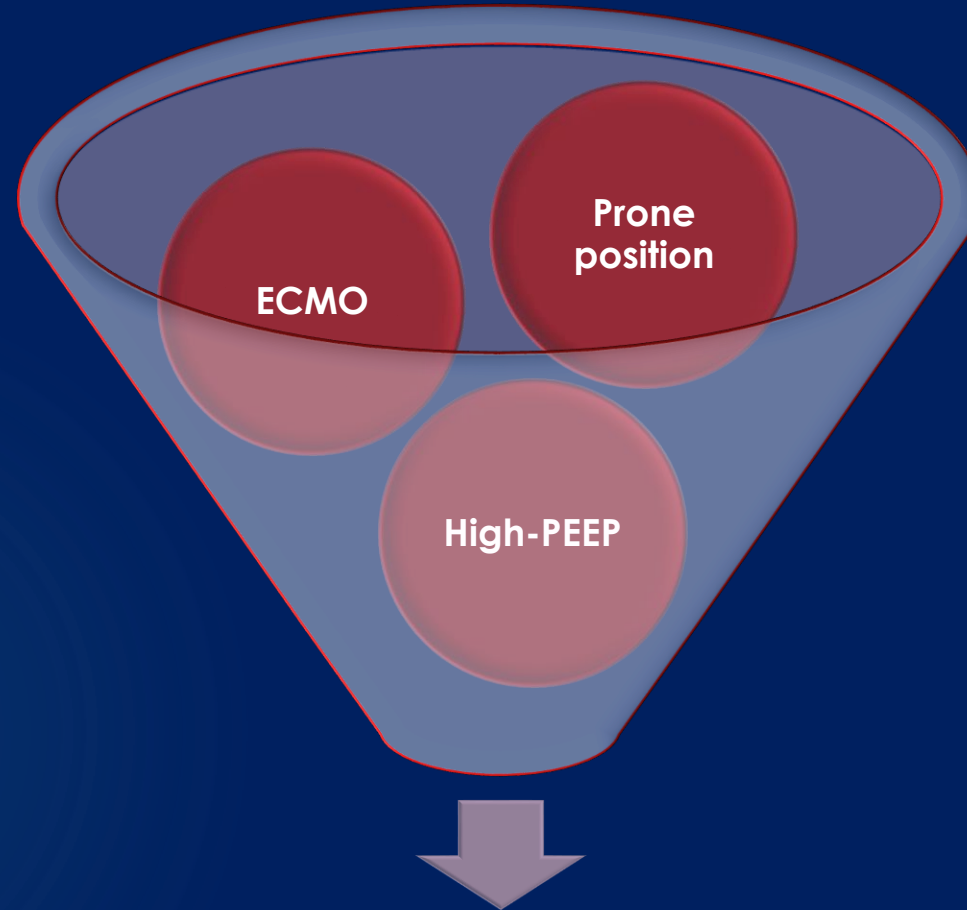
Recommended Therapy

# Recommendation B



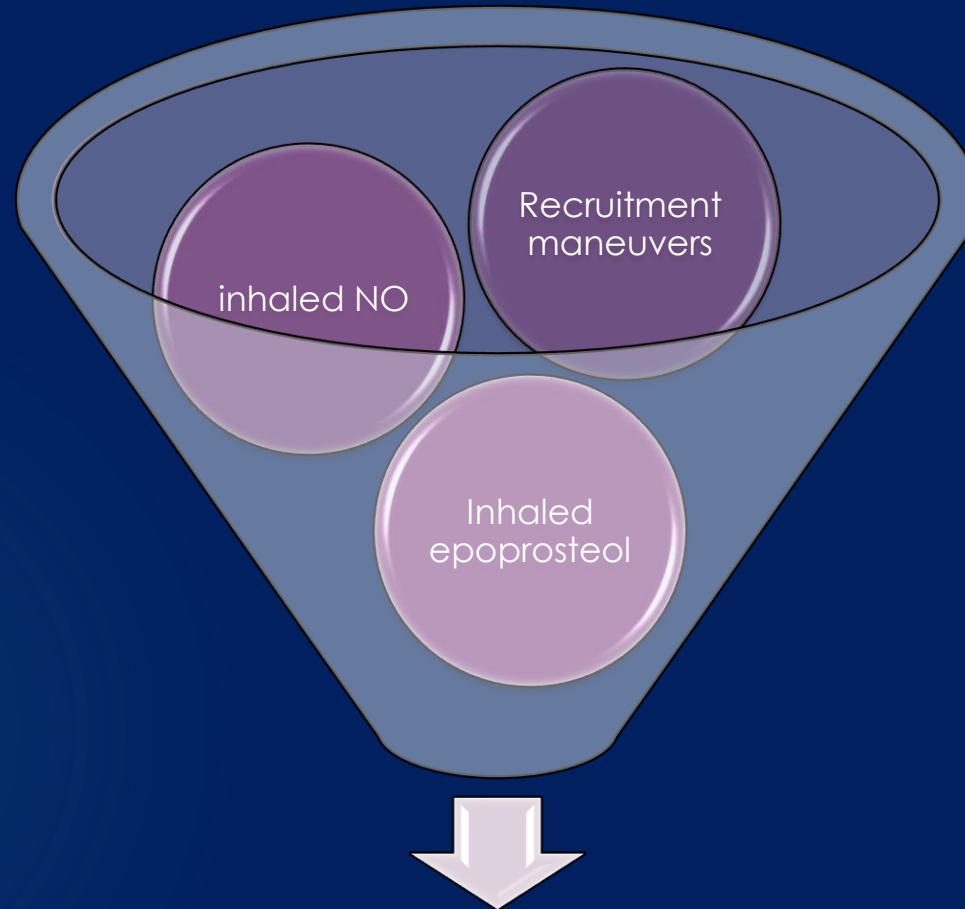
Recommended Therapy

# Recommendation B



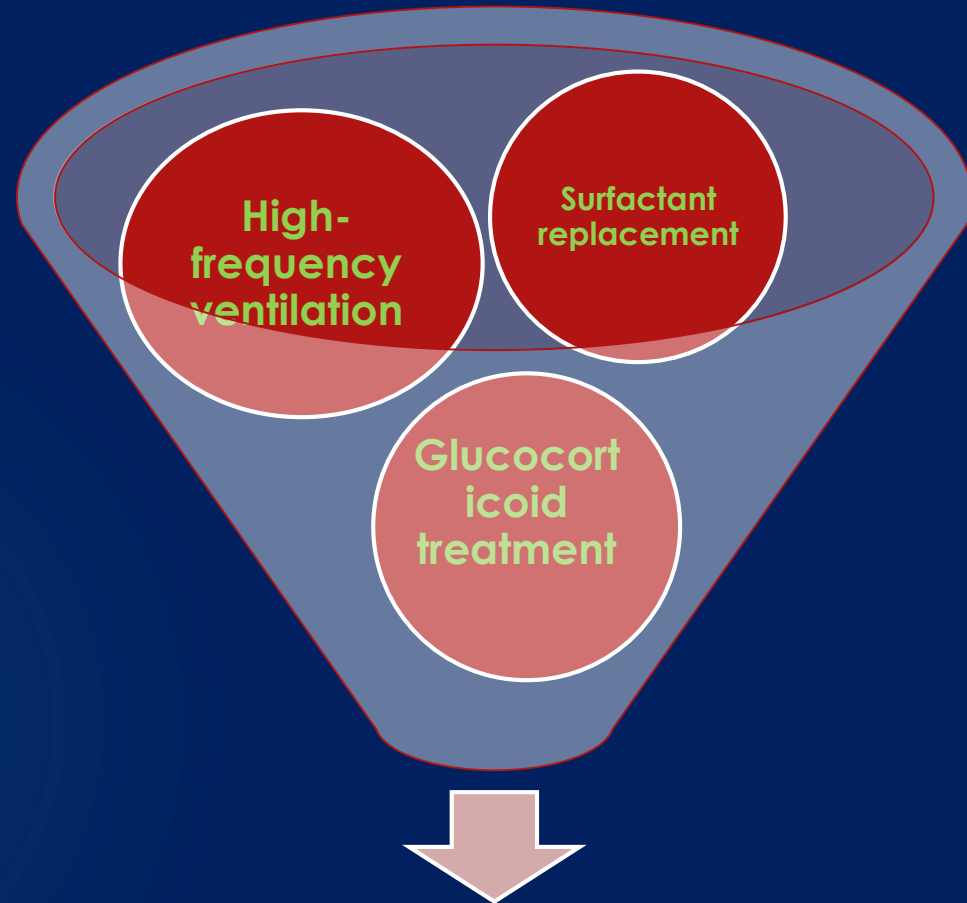
Recommended Therapy

# Recommendation C



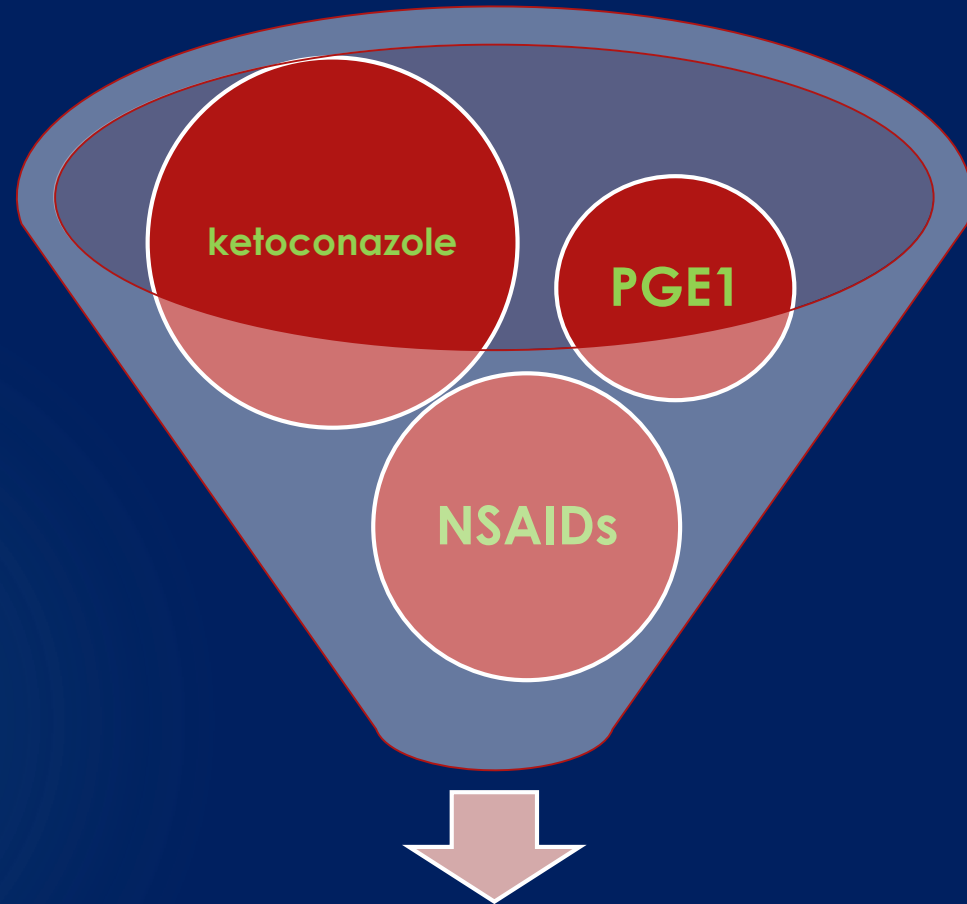
recommended only as  
alternative therapy

# Recommendation D



Not Recommended

# Recommendation D



Not Recommended

# TREATMENT

## GENERAL PRINCIPLES

### ► **care of critically ill patients**

1. recognition and treatment of underlying disorders
  - (e.g., pneumonia, sepsis, aspiration, trauma);
2. minimization of unnecessary procedures
3. “bundled care” approaches
  - Prophylaxis against VTE, GIB, aspiration, excessive sedation
  - prolonged MV, and CV catheter infections;
4. Nosocomial infections
5. Adequate nutrition



# MANAGEMENT OF MECHANICAL VENTILATION

- ▶ Minimizing Ventilator-Induced Lung Injury
- ▶ Minimizing Atelectrauma by Prevention of Alveolar Collapse
- ▶ Prone Positioning
- ▶ Recruitment maneuvers
- ▶ Alternate modes of mechanical ventilation
- ▶ Lung-replacement therapy with ECMO

# Minimizing Atelectrauma by Prevention of Alveolar Collapse

- ▶ alveolar and interstitial fluid
- ▶ Loss of surfactant



- ▶ reduction of lung compliance.

# Minimizing Atelectrauma by Prevention of Alveolar Collapse

- ▶ significant alveolar collapse can occur at end-expiration
- ▶ Impairment of oxygenation
- ▶ positive end-expiratory pressure (PEEP)



- ▶ minimize  $F_{iO_2}$  (inspired  $O_2$  percentage)
- ▶ provide adequate  $P_{aO_2}$
- ▶ without causing alveolar overdistention.

# “best PEEP”

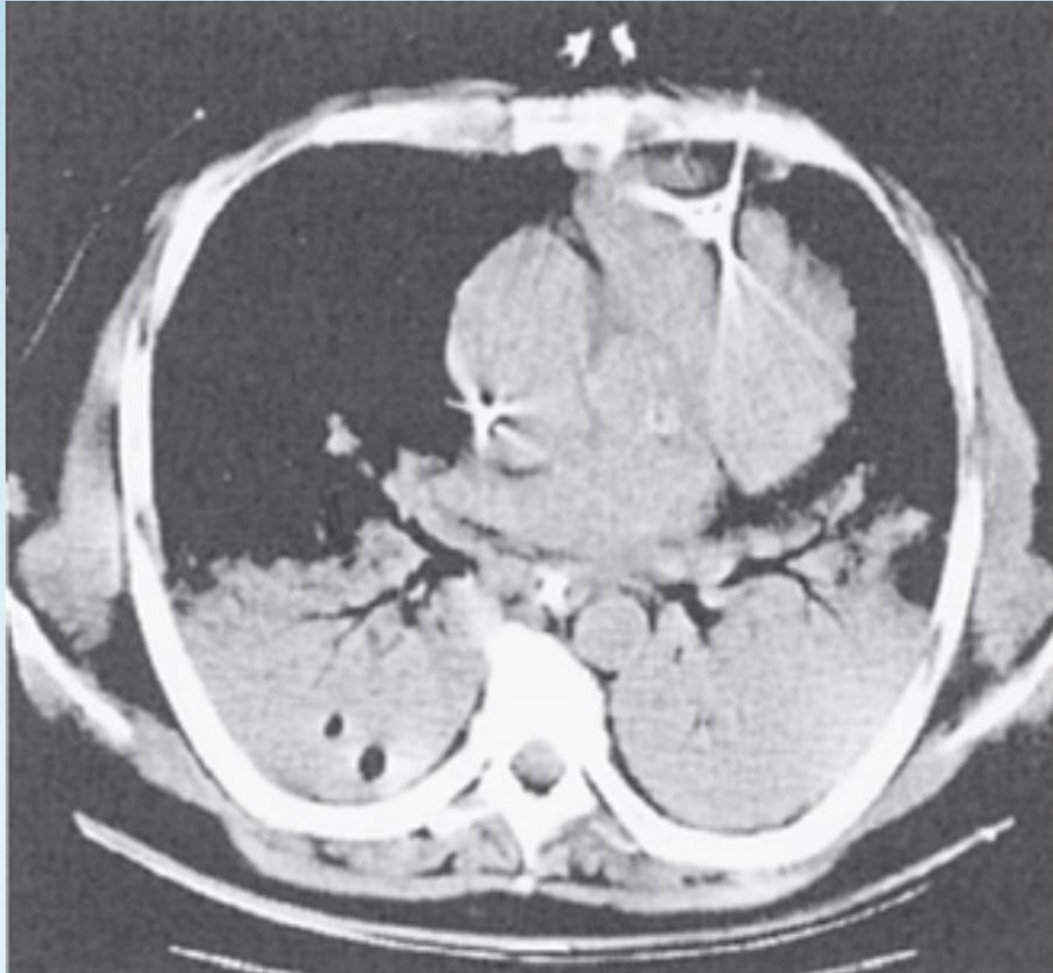
- ▶ lower inflection point
- ▶ esophageal pressures to estimate transpulmonary pressure



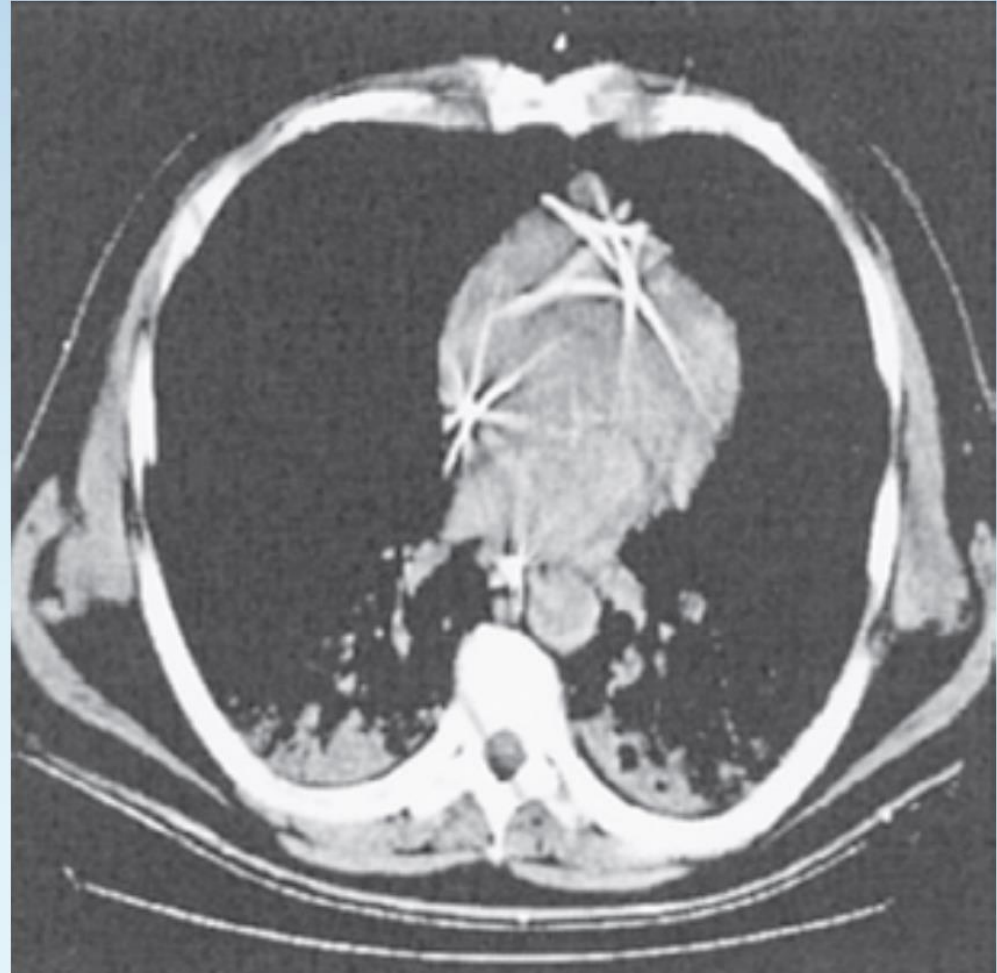
- ▶ Alveolar recruitment
- ▶ Minimizes alveolar overdistention
- ▶ hemodynamic instability
- ▶ adequate Pao2 while minimizing Fio2

# “best PEEP”

PEEP= 0 cm H<sub>2</sub>O



PEEP=19 cm H<sub>2</sub>O



# Prone Positioning

- ▶ MV in the prone position
  - ▶ improved arterial oxygenation without a mortality benefit
  - ▶ significant reduction in 28-day mortality (32.8 to 16%)



- ▶ requires a critical-care team
  - ▶ accidental endotracheal extubation
  - ▶ loss of central venous catheters
  - ▶ orthopedic injury

# FLUID MANAGEMENT ARDS

- ▶ Increased pulmonary vascular permeability
- ▶ impaired vascular integrity
- ▶ increasing left atrial pressure



aggressive  
attempts to

- ▶ reduce left atrial filling pressures with fluid restriction and diuretics
- ▶ important aspect of ARDS management
- ▶ hypotension and hypoperfusion of critical organs (kidneys)

# NEUROMUSCULAR BLOCKADE

## In severe ARDS

- ▶ sedation alone
- ▶ early neuromuscular blockade (with cisatracurium besylate) for 48 h,



- ▶ increased survival and ventilator-free days
- ▶ without increasing ICU-acquired paresis



# GLUCOCORTICOIDS

- ▶ Current evidence does not support the routine use

# OTHER THERAPIES proved disappointing

- ▶ Surfactant replacement
- ▶ Pulmonary vasodilators
  - ▶ inhaled nitric oxide
  - ▶ inhaled epoprostenol sodium



- ▶ transiently improve oxygenation
- ▶ not been shown to improve survival or decrease time on MV

## INITIAL MANAGEMENT OF ARDS

Initiate  
volume/pressure-limited  
ventilation



Oxygenate



Minimize acidosis



Diuresis

### Goals and Limits:

Tidal volume  $\leq 6$  ml/kg PBW  
Plateau pressure  $\leq 30$  cmH<sub>2</sub>O  
RR  $\leq 35$  bpm

FIO<sub>2</sub>  $\leq 0.6$   
SpO<sub>2</sub> 88 – 95%

pH  $\geq 7.30$   
RR  $\leq 35$  bpm

MAP  $\geq 65$  mmHg  
Avoid hypoperfusion

# ■ PROGNOSIS

- ▶ hospital mortality estimates for ARDS
  - ▶ 34.9% for mild ARDS
  - ▶ 40.3% for moderate ARDS
  - ▶ 46.1% with severe ARDS
- ▶ mortality in ARDS is largely attributable to nonpulmonary causes
  - ▶ sepsis and nonpulmonary organ failure >80% of deaths

# ■ PROGNOSIS

- ▶ The major risk factors for ARDS mortality are nonpulmonary
- ▶ Advanced age > 75 years
  - ▶ mortality risk (~60%) than those < 45 (~20%)
- ▶ patients >60 years of age with ARDS and sepsis
  - ▶ threefold higher mortality risk than those < 60

# ■ PROGNOSIS

## Other risk factors

- ▶ preexisting organ dysfunction
  - ▶ Chronic liver disease
  - ▶ Cirrhosis
  - ▶ Chronic alcohol abuse
  - ▶ Chronic immunosuppression
- ▶ Direct lung injury
  - ▶ Pneumonia
  - ▶ pulmonary contusion
  - ▶ Aspiration

} twice as likely to die

# ■ PROGNOSIS

## Other risk factors

- ▶ surgical and trauma patients with ARDS
- ▶ without direct lung injury



- ▶ higher survival rate than other ARDS patients

# ARDS

- ▶ Increasing severity of ARDS



- ▶ predicts increased mortality



# predicting ARDS mortality

1. Level of PEEP ( $\geq 10$  cm H<sub>2</sub>O)
2. Respiratory system compliance ( $\leq 40$  mL/cm H<sub>2</sub>O)
3. Extent of alveolar infiltrates on chest radiography
4. Corrected expired volume per minute ( $\geq 10$  L/min)
  - ▶ (as a surrogate measure of dead space).

# ARDS

- ▶ *do not usually die of refractory hypoxemia*



- ▶ most patients with fatal ARDS die of
- ▶ *sepsis and multiorgan failure*

# Functional Recovery in ARDS Survivors

- ▶ prolonged respiratory failure
- ▶ mechanical ventilation for survival
- ▶ maximal lung function within 6 months
- ▶ One year after endotracheal extubation
  - ▶ >1/3 of ARDS survivors have normal PFT and DLCO
  - ▶ only mild abnormalities in pulmonary function
- ▶ Unlike mortality risk recovery of lung function
  - ▶ extent of lung injury in early ARDS

# Less recovery of pulmonary function

- ▶ Low static respiratory compliance
- ▶ high levels of required PEEP
- ▶ longer durations of MV
- ▶ high lung injury scores

- ▶ ***Psychological problems***

- ▶ Depression
- ▶ Posttraumatic stress disorder

# Therapy

## Supportive Care

- ▶ treat the underlying cause
- ▶ antibiotics
- ▶ surgical débridement and drainage
- ▶ sepsis of unknown origin, both the lung and the abdomen
- ▶ prevention of complications
- ▶ nutrition, ventilation
- ▶ prophylaxis against gastrointestinal stress ulceration
- ▶ prophylaxis against deep venous thrombosis

# Complications

- ▶ **ventilator-associated pneumonia** 30% to 65%
- ▶ > 5 to 7 days after the onset of MV
- ▶ nonfermenting gram-negative rods
- ▶ methicillin-resistant *Staphylococcus aureus*
- ▶ Enterobacteriaceae
  
- ▶ **barotrauma** 10% or less
- ▶ Pneumothorax
- ▶ Pneumomediastinum
- ▶ Subcutaneous emphysema

# long-term complications in survivors

- ▶ Neuromuscular
- ▶ Psychosocial



